

Hold That Thought



Timothy A. Carey Two Steps to Effective Counselling and Psychotherapy with the Method of Levels

Believing that people with psychological problems get themselves better, Australian clinical psychologist, academic, and researcher Timothy A. Carey introduces readers to the Method of Levels, an approach to psychotherapy based on a comprehensive scientific model of the behaviour of living organisms. Carey's light hearted style does not obscure his message: that people can change only themselves, and do not need prescriptive solutions from psychotherapists. With lots of examples and the humorous illustrations of Chapel Hill, North Carolina, artist Josh Taylor, Carey shows readers how to find a new perspective of their conflict and ultimately resolve it.

From the Foreword

"This is a book for practical people, not theoreticians. Yet, as a theoretician, I can say that it is one of the best expositions of Perceptual Control Theory that you are likely to find."

**William T. Powers
Originator of Perceptual Control Theory**

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