

**Positive Therapy: A Meta-Theory For Positive  
Psychological Practice By Stephen Joseph**

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techniques of psychotherapy whereby the client learns by imitation alone, without any specific verbal direction by the therapist (See Cognitive Behavior Therapy)

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Stephen Joseph, School of Sociology and Social Policy, University of Nottingham , .. Positive therapy: A meta-theory for positive psychological practice. London

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### **Professor Stephen Joseph - the University of**

Stephen Joseph is the cluster convenor for counselling and psychotherapy teaching and Can person-centred therapy help people live more authentically, and to Theories of counselling and Psychotherapy: An introduction to the different Person-centred practice: Case studies in positive psychology PCCS Books.

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which centers on the therapist giving unconditional positive regard towards positive growth. Humanistic theory  
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