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Common Factors and the Therapeutic Relationship -- Individualizing Psychotherapy -- What Happened to the Therapist? -- Psychotherapy Integration -- Personal Knowledge -- Knowledge of Ethics -- Mastering the Craft of Psychotherapy -- 2 Developing Trust and Trustworthiness -- The Intentional Stance -- From You and I to We -- Secure and Insecure Attachment -- Mentalizing and Epistemic Trust -- Cultural Diversity: How I Mistook Ethics for Science -- Basic Trust, Epistemic Trust, and Social Trust -- 3 Trusting -- The Ethical-Moral Basis of Trusting -- Trusting in Community -- Trusting Beyond Reliance -- Degrees of Trust -- Trusting in Care and Competence -- Distrusting Well -- Trust and Distrust in Couples -- Trusting and Distrusting Yourself -- Hoping in Trust -- 4 Becoming Trustworthy -- The Ethical-Moral Basis of Trustworthiness -- Therapeutic Neutrality -- Relational Trustworthiness -- Writing Personal Formulations -- Parting Thoughts -- References -- Index -- Back Cover.

Sommario/riassunto

"Cultivating trusting psychotherapy bonds is complex, challenging, and a critically important topic. In *Trusting in Psychotherapy*, the author posits that trusting cannot be understood apart from trustworthiness and that therapists should give equal attention to the task of becoming trustworthy to their patients. Blending developmental science and ethical thought, the author elucidates such topics as what it means to trust in the practice of psychotherapy; the many facets of trusting and trustworthiness; attachment relationships; the central role of hope in trust; and the ethical-moral basis of trusting and trustworthiness"--
