

1. Record Nr.	UNINA9910450425803321
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Titolo	How Much Is Enough? [[electronic resource] ] : Endings In Psychotherapy and Counselling
Pubbl/distr/stampa	Hoboken, : Taylor and Francis, 2013
ISBN	9786610329472
Descrizione fisica	1 online resource (186 p.)
Disciplina	616.8914
Soggetti	Psychotherapy Psychotherapy - Termination Termination Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	HOW MUCH IS ENOUGH? Endings in Psychotherapy and Counselling; Copyright; Contents; Acknowledgements; Introduction: the problem; 1 What are we waiting for? aims and outcomes; 2 Happy endings: the goal of resolving transference; 3 Dealing with illusions: narcissism and endings; 4 Staying alive: the patient's unilateral ending; 5 Time to go: the therapist ends; 6 What is truth? values and valuing endings; 7 Ends and means: the ethics of ending; 8 Endgame: last sessions; 9 In my beginning is my end: the time-limited solution; 10 Endings in training and supervision; The good ending; Index
Sommario/riassunto	How Much is Enough? addresses this important question, looking at the reasons why therapy can go on for too long or can come to a destructively premature ending, and offering advice on how to avoid either, with a timely conclusion. Using vivid examples and practical guidelines, Lesley Murdin examines the theoretical, technical and ethical aspects of endings. She emphasises that it is not only the patient who needs to change if one is to achieve a satisfactory outcome. The therapist must discover the changes in him/herself which are needed to enable an ending in psychotherapy. How