

1. Record Nr.	UNINA9910459472103321
Autore	Eichler Seth
Titolo	Beginnings in Psychotherapy : A Guidebook for New Therapists // by Seth Eichler
Pubbl/distr/stampa	Boca Raton, FL : , : Routledge, , [2018] ©2010
ISBN	0-429-89703-0 0-429-47226-9 1-282-78043-3 9786612780431 1-84940-738-X
Edizione	[First edition.]
Descrizione fisica	1 online resource (162 p.)
Disciplina	616.8914
Soggetti	Psychotherapy Psychotherapists Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p.121-122) and index.
Nota di contenuto	Cover; Copyright; Contents; Acknowledgements; SECTION I. EXPANDING MINDS: LEARNING TO THINK ANALYTICALLY; SECTION II. TOOLS AND TECHNIQUES; SECTION III. GUIDEPOSTS FOR OUR WORK IN LISTENING AND INTERVENING; SECTION IV: "OUR PATIENTS ARE OUR TEXTBOOKS": LESSONS FROM CLINICAL CASES (RAKO & MAZER, 1980); SECTION V: CONCLUSION; Bibliography; Lyric Acknowledgment
Sommario/riassunto	Every new therapist faces a first session, often with trepidation. How do they prepare for that first session? How do they know what tools to apply on that first day, and over those first few weeks? Beginnings in Psychotherapy will help readers to begin to answer those questions and start psychotherapy with increased confidence. In addition it will provide readers with an understanding of the foundational tools and background, as well as providing a comfort level with the new territory of becoming a therapist. In a conversational, accessible tone, the author shares his years of experience, without being dogmatic or dense. Instead, he engages readers warmly, immediately helps them

expand their understanding and often helps them look at the pros and cons of certain decisions, without insisting that the readers follow a particular rule or policy.
