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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.

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