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Titolo	Talk as therapy [[electronic resource]] : psychotherapy in a linguistic perspective // by Joanna Pawelczyk
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Collana	Trends in applied linguistics, , 1868-6362 ; ; 7
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Nota di contenuto	Front matter -- Acknowledgements -- Contents -- Transcription Conventions -- Introduction: Talk as therapy -- Chapter 1. Situating the study -- Chapter 2. The transparency of meaning: Personalizing the meaning in psychotherapy -- Chapter 3. Self-disclosure -- Chapter 4. Communication of emotion -- Chapter 5. Emotional support -- Conclusion: Reflecting on talk as therapy -- Notes -- References -- Index
Sommario/riassunto	The book is an empirical study of naturally occurring talk between psychotherapist and clients experiencing various anxieties and traumas that most of us recognize and can relate to. By relying on contemporary theories about sequential, situated discourse as well as drawing on "praxis" literature, it aims to investigate how psychotherapy as practice is contextually and interactionally accomplished. By scrutinizing patterns of language use, which reflect the core norms of the speech event of psychotherapy, it offers a unique look into the therapeutic dialogue at the micro level. The book presents a host of practical guidelines as to how to conduct ethnographic fieldwork at the (inter) professional research site in order to produce practically relevant findings. It also addresses the infiltration of therapeutic norms and strategies into new social contexts. Talk as Therapy is about disclosing

one's (usually) dysphoric experiences, clarifying and exploring them in the interactional here-and-now as well as focusing on their emotional aspects in the safety of the relationship with the therapist.
