

1. Record Nr.	UNINA9910790497403321
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Titolo	What will you do with my story? // Elizabeth Meakins
Pubbl/distr/stampa	London : , : Karnac Books, , 2012
ISBN	0-429-92390-2 0-429-48490-9 1-280-87807-X 9786613719386 1-78241-000-7
Descrizione fisica	1 online resource (159 p.)
Collana	UKCP series
Disciplina	158.1 616.8914
Soggetti	Psychotherapy Psychotherapists
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"On behalf of the United Kingdom Council for Psychotherapy".
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; INTRODUCTION; CHAPTER ONE Doubts and certainties; CHAPTER TWO Learning to be in the dark; CHAPTER THREE Secrets and silences; CHAPTER FOUR In search of others; CHAPTER FIVE The angel in the house; CHAPTER SIX I, me, myself, my selves; APPENDIX Marion Milner interview for Everywoman (published September 1992); INDEX
Sommario/riassunto	Psychoanalyst Elizabeth Meakins uses her popular columns from The Independent to explore the therapeutic process. Successful analysis, she argues, is less about following pre-formulated theory and more about being led by the experience of what is actually happening.