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Nota di contenuto	Machine generated contents note: -- Acknowledgments -- Introduction -- Section I The Psychotherapist's Self And Relationships -- 1 The Psychotherapist's Self -- 2 The Supervisor-Supervisee Relationship -- 3 The Therapeutic Frame -- 4 Boundaries -- 5 Psychotherapist-Client Differences and Coping with Prejudice -- 6 Professional Electronic Communications and Data Security -- Section II Getting Started With Psychotherapy -- 7 Confidentiality and Informed Consent -- 8 Making Clinical Observations -- 9 Making a Diagnosis -- 10 Professional Phone Contacts and the Initial Phone Call -- 11 The First Session: Preparation, Tasks, and Structure -- 12 Progress Notes and the Chart -- 13 Starting Psychotherapy and Stabilizing the Client -- Section III Referrals -- 14 Psychotropic Medication: Referrals and Adherence -- 15 Health-Related Referrals -- 16 Mental Health Referrals -- Section IV Crisis Readiness -- 17 Managing Crises Step-by-Step -- 18 Assessing Suicide Risk and Warning Signs -- 19 Suicide Prevention, Risk Reduction, and Documentation -- 20 Violence Risk Management -- 21 Child and Elder Maltreatment, Intimate Partner Violence, and Rape Crises -- Section V Caring for Yourself and Your Clients -- 22 Challenging Relationships and Emotions -- 23 Becoming a Psychotherapist: Challenges, Rewards, and Growth -- Afterword -- About the Author -- References -- Index.
Sommario/riassunto	"Filling in the gaps from students' lack of experience and confidence, The Beginning Psychotherapist's Companion, Second Edition is a

supportive and empathetic guide, addressing real-world concerns and providing essential insights not taught in textbooks. With a reassuring and clear writing style, Willer offers practical suggestions and clinical examples to address the professional development and emotional concerns of the beginning psychotherapist. She guides readers through structuring the first session, making clinical observations, and establishing a therapeutic alliance. Through the use of culturally diverse clinical vignettes, Willer discusses the foundations of ethical practice, including informed consent, confidentiality, documentation, and setting boundaries. The reader is guided on how and when to refer clients for medication and other health care. Crisis management principles are detailed, including suicide and violence risk assessment, child abuse, elder abuse, intimate partner violence, and rape. Willer also provides professional advice on contemporary concerns such as social networking, online searches of clients, the psychotherapist's internet presence, and other important emerging challenges. Comprehensive, practical, and thoroughly updated, *The Beginning Psychotherapist's Companion, Second Edition* is the ideal resource for students and early career psychotherapists"--

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