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Titolo	The therapist's answer book : solutions to 101 tricky problems in psychotherapy // Jerome S. Blackman
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Descrizione fisica	1 online resource (399 p.)
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Soggetti	Psychotherapy Psychotherapist and patient Self-help techniques
Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	section A. A very quick take on assessment and technique -- section B. General principles about treatment -- section C. Techniques with different types of disturbances -- section D. Techniques with acting in and acting out -- section E. Your reactions to people in treatment -- section F. Modifications to the "frame" of treatment -- section G. Special issues.
Sommario/riassunto	"Therapists inevitably feel more gratified in their work when their cases have better treatment outcomes. This book is designed to help them achieve that by providing practical solutions to problems that arise in psychotherapy, such as: Do depressed people need an antidepressant, or psychotherapy alone? How do you handle people who want to be your friend, who touch you, who won't leave your office, or who break boundaries? How do you prevent people from quitting treatment prematurely? Suppose you don't like the person who consults you? What if people you treat with CBT don't do their homework? When do you explain defense mechanisms, and when do you use supportive approaches? Award-winning professor, Jerome Blackman, answers these and many other tricky problems for psychotherapists. Dr.

Blackman punctuates his lively text with tips and snippets of various theories that apply to psychotherapy. He shares his advice and illustrates his successes and failures in diagnosis, treatment, and supervision. He highlights fundamental, fascinating, and perplexing problems he has encountered over decades of practicing and supervising therapy."

"This book confronts the universal, common, unusual, and rare problems that arise for practitioners during psychotherapeutic treatment. For the majority of questions, Dr. Blackman discusses a variety of answers depending on the person in treatment, the stage of treatment, and other factors. Overall, readers will learn that there are no unitary answers to any of the questions, each one has innumerable circumstances and factors, and therefore answers. Instead, Dr. Blackman instructs readers on the thinking process and equips practitioners and students with the background knowledge and problem-solving techniques necessary to handle difficulties in their practice"--

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