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Note generali	Description based upon print version of record.
Nota di contenuto	contents; foreword; preface; chapter 1. what is psychotherapy?; chapter 2. a brief history of psychotherapy; chapter 3. who are the people providing psychotherapy?; chapter 4. when should i enter psychotherapy?; chapter 5. how should i select a psychotherapist?; chapter 6. what's right for me? individual or group psychotherapy?; chapter 7. does psychotherapy really work?; chapter 8. will it rob me of my individuality?; chapter 9. don't psychotherapists have their own problems?; chapter 10. why don't psychotherapists talk about themselves?; chapter 11. why don't many therapists offer advice? chapter 12. must i relive my entire past?chapter 13. is it true that every little thing has deeper meaning?; chapter 14. how can a psychotherapist remember everything i tell him?; chapter 15. what is the role of humor in psychotherapy?; chapter 16. do therapists have favorite patients?; chapter 17. should i tell others?; chapter 18. are my dreams important?; chapter 19. what is transference?; chapter 20. how do my defense mechanisms work?; chapter 21. when should i end psychotherapy?; questions and answers
Sommario/riassunto	This book is about a personal journey, an adventure that has the potential to change one's entire outlook. It is an introduction to psychotherapy that provides clear and direct answers to commonly asked questions about psychological treatment: How do I know when to

enter therapy? How do I go about selecting a therapist? Does psychotherapy really work? Do I have to relive my past? Are my dreams important? When should I end psychotherapy? And much more.
