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Nota di contenuto	On Being a Master Therapist; Contents; Preface; Introduction: Two Variations on a Theme; Chapter 1 What Is a Master Therapist Anyway- And How Do You Get to Be One?; What Is a Master Therapist?; Different Standards of Mastery; Client and Therapist Perceptions of Outcomes; Definitions of Mastery by Experts on the Subject; Chapter 2 What We (Think We) Know So Far; A Movement Toward Consensus; What Does Make a Difference?; What Clients Bring to the Table; Personal Attributes of the Therapist; The Importance of Knowing Stuff; It's the Relationship; Wondering What Things Mean; Talking to the Masters What Famous Therapists Appear to Have in CommonChapter 3 Deep Compassion and Caring; Creating Connections; Commitment and Investment; The Growth Edge; Chapter 4 Sophisticated Interpersonal Skills: Really, Really Listening; "How'd You Do That?"; Little Things Make a Huge Difference; Listening Differently; Being in the Moment; Chapter 5 Being Fully Present While Focusing on the Other; Altered States of Being; Mind Chatter; A Way of Being; Staying Present With Ourselves; Chapter 6 Knowing What Maybe/Probably/Mostly Makes a Difference; What Makes a Difference?; Hitting Bottom Confront Pain and SufferingCreating Hope and Optimism; Creating a Safe Relationship; Developing Compassion and Caring; Honoring Secrets; Reframing or Restorying the Problem; Challenging Beliefs and

Assumptions; Growth (Versus Deficit) Orientation; Rehearsal and Task Facilitation; Group and Family Support; Constructive Feedback; Preparation for Setbacks and Relapses; Flexibility to Reduce Stress and Demands; Make It Meaningful; Passion and Enthusiasm; Beyond Understanding: Honoring Magic and Mystery; Chapter 7 Speaking the Truth; Lies in Therapy; Confronting Deception; Hard Truths Taking Risks and Exploring the UnknownChapter 8 Making Mistakes- But Not the Same Ones Over and Over; Making Mistakes Isn't the Problem; Practicing Self-Compassion; Most Common Mistakes; Understanding Trumps Truth; Relieving (Our Own?) Suffering and Helplessness; Illusions of Perfection; Hypocrisy and Complacency; Mistakes or Just Data to Process?; Chapter 9 Inviting and Responding to Constructive Feedback; Sources of Feedback; Clients Are the Best Teachers; Feedback That's Most Helpful; Processing Feedback Gratefully; Being Accountable to Ourselves, Our Colleagues, and Our Clients
Life-Changing FeedbackRecruiting Master Coaches and Mentors; How We Know What We Know; Chapter 10 Who You Are Is as Important as What You Do; Who We Are Versus What We Do; Qualities of Master Therapists; Practicing Self-Compassion; Modeling As Best We Can; Chapter 11 Acknowledging Commonalities, Responding to Differences; Multiple Cultural Identities; An Individual's Multiplicity of Cultures; What We Share in Common; Metabolizing Theory and Embracing Complexity; Chapter 12 Love Is a Four-Letter Word in Therapy; Multiple Dimensions of Caring; Owning Our Personal Motives; Learning How to Love Love Is Always Possible

Sommario/riassunto

Learn from master therapists and bring your skills to the next level
Bringing a breath of fresh air to the therapy profession, this compelling and thoughtful resource urges readers to move from competency to full mastery in the mental health field. Combining the findings of hundreds of previous studies, interviews with a wide range of master therapists, own unique experiences and perspectives, Jeffery A. Kottler and Jon Carlson have devised a guide that takes therapists out of their comfort zones. Professionals in the fields of psychology, counseling, social work, and human services
