



A User's Guide to Therapy: What to Expect and How You Can Benefit (Paperback)

By Tamara L. Kaiser

WW Norton Co, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. This book is for clients-and for clinicians to recommend to their clients-who want to enhance the process of psychotherapy and get the most out of a therapeutic relationship. Kaiser writes in a friendly, accessible tone, and explains what exactly therapy is and how it works, including the beginning, middle, and ending stages of the therapy process. She elaborates on the dynamics of the relationship between therapist and client, including such issues as power, boundaries, trust, and termination, and describes the four common factors of change: the client, the therapeutic relationship, hope, and technique. Furthermore, she explains the basic aspects of brain development and how psychotherapy physically changes the brain. This book familiarizes potential clients with four major therapeutic approaches-psychodynamic, developmental, cognitive-behavioral, and humanistic-and explains the characteristics of individual, family, and group therapy. Through case studies, Kaiser reveals the healing potential of the therapeutic relationship, including the experience of being deeply understood by and coming to trust a therapist. Kaiser offers much food for thought, as well as compassion, wisdom, encouragement, and practical suggestions for those who choose to take this fascinating and fruitful journey.

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