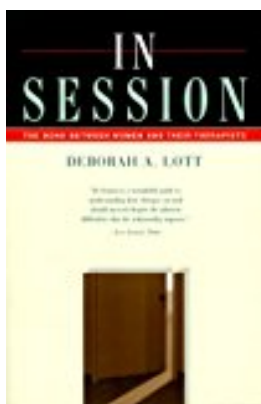


[PDF] In Session: The Bond Between Women And Their Therapists

Deborah A. Lott - pdf download free book



Books Details:

Title: In Session: The Bond Between

Author: Deborah A. Lott

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Description:

From Library Journal Basing her work on a research questionnaire and in-depth interviews, journalist Lott seeks to explore the therapeutic relationship from the patient's point of view. In traditional Freudian theory, the patient essentially relives early important relationships in a healthier way. The therapist's role is to be a neutral but supportive "projection screen," able to encourage clients to discuss strong feelings without encouraging or suppressing emotions ranging

from love to anger. Lott finds that most therapists are not able to walk this fine line, either becoming entangled in their patients' emotional dramas or refusing to allow any discussion of the relationship. Nor do training programs offer much advice. Pressure from insurance companies is making the kind of in-depth therapy described in the book increasingly rare, a development Lott discusses in her final chapter. A good addition to any academic library supporting counseling programs; public libraries should buy where similar titles circulate well. AMary Ann Hughes, Neill P.L., Pullman, WA
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Review "Insightful and beautifully written...should be required reading for anyone administering psychotherapy, or considering entry into a psychotherapeutic relationship. It's a fascinating read."- Hope Edelman, author of *Motherless Daughters*

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