

## The Gift Of Therapy: An Open Letter To A New Generation Of Therapists And Their Patients: Reflections On Being A Therapist

Suffering from knee pain and desperate to know why? Discover the hows and whats of chronic discomfort and the steps you can take to get better. Seeking answers about your joint problems? Trying to decide how to decrease symptoms and improve your quality of life? Considering having an operation but worried over what it entails? Board Certified Orthopedic Surgeon, podcast host, and lecturer Dr. Adam Rosen has treated thousands of people in need of total knee and hip replacement, helping them on their journeys to wellness. Now he 's here to share his vast experience and knowledge so that you can enjoy recovery and healing, with or without surgery. The Knee Book - A Guide to the Aging Knee is the must-have resource for those with health complaints who are looking for relief. With easy-to-understand language and patient-friendly discussion, Dr. Rosen walks readers through the different types of diagnoses, treatment options from conservative fixes to going under the knife, and how to approach rehabilitation for the best results. And by relying on the crucial information offered in these pages, you will be able to talk to your doctor and move forward with an actionable plan full of confidence and hope. In The Knee Book, you ' ll discover: - How to better understand why you are hurting and the things you can do to improve your symptoms - Comprehensive but easily accessible breakdown of the various kinds of diagnoses to help you make assured decisions - Simple exercises that can strengthen your legs at home and increase body functionality - Methods to control pain and use physical therapy to encourage good outcomes - Ways weight-loss can reduce suffering, straightforward explanations of common conditions such as meniscus tears, Baker ' s cysts, and arthritis, and much, much more! The Knee Book is the perfect road map for navigating health challenges. If you like user-friendly descriptions, knowing all your options, and simplifying medical speech, then you ' ll love Dr. Adam Rosen ' s invaluable primer. Buy The Knee Book to walk without pain today!

As the public grows disillusioned with therapeutic quick fixes, people are looking for a deeper psychotherapeutic experience to make life more meaningful and satisfying. What really happens in therapy? What promises and perils does it hold for them? No one writes about therapy - or indeed the dilemmas of the human condition - with more acuity, style, and heart than Irvin Yalom. Here he combines the storytelling skills so widely praised in Love's Executioner with the wisdom of the compassionate and fully engaged psychotherapist. In these six compelling tales of therapy, Yalom introduces us to an unforgettable cast of characters: Paula, who faces death and stares it down; Magnolia, into whose ample lap Yalom longs to pour his own sorrows; Irene, who learns to seek out anger and plunge into it. And there's Momma, old-fashioned, ill-tempered, who drifts into Yalom's dreams and tramples through his thoughts. At once wildly entertaining and deeply thoughtful, Momma and the Meaning of Life is a work of rare insight and imagination.

The #1 Gift For Therapists In this adult coloring book we have put together tons of hilarious Therapist puns, artworks etc. This makes for the perfect gift. What's Inside... 25 hilarious and relatable phrases, puns etc with abstract designs and intricate details Single-sided 8.5" x 11" (22cm x 28cm) coloring pages that allow for the pages to be removed Suitable for markers, felt tips, gel pens, coloring pencils etc "Being a therapist is easy, it's like riding a bike except the bike is on fire, you're on fire, everything is on fire" "Instant Therapist, just add coffee" Please see the back cover for preview Each page is designed with beautiful patterns, swirls,, mandalas, flowers etc... color away while letting the steam out. Being a Therapist can be extremely stressful so enjoy mindfulnes and relaxation with this brilliant anti-stress therapy. Release your stress in the most enjoyable way possible. Order now and get started.

Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a life-styledesigner, not a therapist. His radical new approach, that he sometimes calls " self-help in a shot glass " is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let ' s face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as The Angry Therapist, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of "me too" as opposed to "you should." He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language —open, raw, and at times subversive — and people responded. The Angry Therapist blog, that inspired this book, has been featured in The Atlantic Monthly and on NPR.

A Psychiatrist's Memoir  
The Unfolding Story  
Side by Side  
When Nietzsche Wept  
Summary of Irvin D. Yalom ' s The Gift of Therapy  
The Zen of Therapy  
The Gifts of Imperfection: 10th Anniversary Edition

Acclaimed author and renowned psychiatrist Irvin D. Yalom distills thirty-five years of psychotherapy wisdom into one brilliant volume. The culmination of master psychiatrist Dr. Irvin D. Yalom's more than thirty-five years in clinical practice, The Gift of Therapy is a remarkable and essential guidebook that illustrates through real case studies how patients and therapists alike can get the most out of therapy. The bestselling author of Love's Executioner shares his uniquely fresh approach and the valuable insights he has gained—presented as eighty-five personal and provocative 'tips for beginner therapists', including: •Let the patient matter to you •Acknowledge your errors •Create a new therapy for each patient •Do home visits •(Almost) never make decisions for the patient •Freud was not always wrong A book aimed at enriching the therapeutic process for a new generation of patients and counsellors, Yalom's Gift of Therapy is an entertaining, informative, and insightful read for anyone with an interest in the subject.

These pastoral letters serve as models of compassionate leadership. Jack Miller taught that a Christian leader should be the chief servant, and that right attitudes come only from a heart changed by an encounter with God. Miller leads his reader into a deeper understanding of the gospel and a life of humility, faith, and prayer. Miller gently challenges those called to serve as leaders to find their primary motivation in the glory of God alone. Book jacket.

The definitive account of existential psychotherapy. First published in 1980, Existential Psychotherapy is widely considered to be the foundational text in its field—the first to offer a methodology for helping patients to develop more adaptive responses to life's core existential dilemmas. In this seminal work, American psychiatrist Irvin Yalom finds the essence of existential psychotherapy and gives it a coherent structure, synthesizing its historical background, core tenets, and usefulness to the practice. Organized around what Yalom identifies as the four “ultimate concerns of life”—death, freedom, isolation, and meaningfulness—the book takes up the meaning of each existential concern and the type of conflict that springs from our confrontation with each. He shows how these concerns are manifest in personality and psychopathology, and how treatment can be helped by our knowledge of them. Drawing from clinical experience, empirical research, philosophy, and great literature, Yalom provides an intellectual home base for those psychotherapists who have sensed the incompatibility of orthodox theories with their own clinical experience, and opens new doors for empirical research. The fundamental concerns of therapy and the central issues of human existence are woven together here as never before, with intellectual and clinical results that have surprised and enlightened generations of readers.

An invaluable reference on candle magic for beginners as well as experienced magic practitioners. Jacki Smith has been crafting magic candles for more than twenty-five years. In Coventry Magic with Candles, Oils, and Herbs, she shares recipes, spells, and divinations anyone can use to increase love, prosperity, luck, and abundance. Often, when doing magic to help solve a problem, Jacki writes, we don't realize the source of the issue we're facing. Jacki Smith uses the humor of her own life experiences to show readers how to ferret out the underlying issues and beliefs that can often sabotage magical spells. Coventry Magic with Candles, Oils, and Herbs is an invaluable reference for beginners as well as experienced magic practitioners. The book features: Basic tips for candle carving Using Tarot, gemstones, and elementals in candle spells A guide to hundreds of candles and how to use them in a myriad of ways An herb and oil encyclopedia Jacki's seven steps approach to personal magic

The Knee Book - A Guide to the Aging Knee  
Walking with Others in Wisdom and Love  
The Gift of Therapy  
On Psychotherapy and the Human Condition  
The Gift of Healing  
The Little Psychotherapy Book  
And Other Tales of Psychotherapy

**The theory of transference and the centrality of transference interpretation have been hallmarks of psychoanalysis since its inception. But the time has come to subject traditional theory and practice to careful, critical scrutiny in the light of contemporary science. So holds Joseph Schachter, whose Transference: Shibboleth or Albatross? undertakes this timely and thought-provoking task. After identifying the weaknesses and inconsistencies in Freud's original premises about transference, Schachter demonstrates how contemporary developmental research across a variety of domains effectively overturns any theory that posits a linear deterministic relationship between early childhood and adult psychic functioning, including the adult patient's treatment behavior toward the analyst. No less trenchantly, he shows how contemporary chaos theory complements developmental research by making the very endeavor of historical reconstruction - of backward prediction - suspect on logical grounds. Nor, Schacter continues, does the clinical evidence normally adduced in support of transference theory provide the firm bedrock of data that most analysts suppose to exist. What one finds, he holds, are endlessly reiterated claims of identifying determining historical antecedents sustained only by descriptions of current behaviors through a gloss of theory. Less a polemic than a call to order, Transference: Shibboleth or Albatross? is cogently argued and straightforwardly written. It is destined to be a thorn in the side of analysts who resist change and a spur to those who seek to bring analytic theory into closer alignment with contemporary science in the interest of improves treatment efficacy.**

**From one of the most celebrated and highly respected authorities in the field of psychotherapy comes a collection of his best works. In this anthology of Yalom's most influential work to date, readers experience the diversity of his writings, with pieces that range from the highly concrete and clinical to the abstract and theoretical.**

**In nineteenth-century Vienna, a drama of love, fate, and will is played out amid the intellectual ferment that defined the era. Josef Breuer, one of the founding fathers of psychoanalysis, is at the height of his career. Friedrich Nietzsche, Europe's greatest philosopher, is on the brink of suicidal despair, unable to find a cure for the headaches and other ailments that plague him. When he agrees to treat Nietzsche with his experimental “talking cure,” Breuer never expects that he too will find solace in their sessions. Only through facing his own inner demons can the gifted healer begin to help his patient. In When Nietzsche Wept, Irvin Yalom blends fact and fiction, atmosphere and suspense, to unfold an unforgettable story about the redemptive power of friendship.**

**Buy now to get the main key ideas from Irvin D. Yalom's The Gift of Therapy In The Gift of Therapy (2013), Irvin D. Yalom shares his extensive personal knowledge and perspective in the field of psychotherapy. Irvin offers important notes, tips, and tools for both established therapists and upcoming students in the field. He aims to help them achieve better results for their patients, while improving themselves, their process, and their profession as well.**

The Angry Therapist  
Creatures of a Day  
Love's Executioner  
Momma And The Meaning Of Life  
A Personal Story of Spiritual Therapy  
The Gift of Forgiveness  
Letters from Jack Miller

*The #1 NEW YORK TIMES Bestseller* *The basis for the PBS Ken Burns Documentary The Gene: An Intimate History* Now includes an excerpt from Siddhartha Mukherjee's new book *Song of the Cell!* *From the Pulitzer Prize-winning author of The Emperor of All Maladies—a fascinating history of the gene and “a magisterial account of how human minds have laboriously, ingeniously picked apart what makes us tick” (Elle). “Sid Mukherjee has the uncanny ability to bring together science, history, and the future in a way that is understandable and riveting, guiding us through both time and the mystery of life itself.” —Ken Burns “Dr. Siddhartha Mukherjee dazzled readers with his Pulitzer Prize-winning The Emperor of All Maladies in 2010. That achievement was evidently just a warm-up for his virtuoso performance in The Gene: An Intimate History, in which he braids science, history, and memoir into an epic with all the range and biblical thunder of Paradise Lost” (The New York Times). In this biography Mukherjee brings to life the quest to understand human heredity and its surprising influence on our lives, personalities, identities, fates, and choices. “Mukherjee expresses abstract intellectual ideas through emotional stories...[and] swaddles his medical rigor with rhapsodic tenderness, surprising vulnerability, and occasional flashes of pure poetry” (The Washington Post). Throughout, the story of Mukherjee's own family—with its tragic and bewildering history of mental illness—reminds us of the questions that hang over our ability to translate the science of genetics from the laboratory to the real world. In riveting and dramatic prose, he describes the centuries of research and experimentation—from Aristotle and Pythagoras to Mendel and Darwin, from Boveri and Morgan to Crick, Watson and Franklin, all the way through the revolutionary twenty-first century innovators who mapped the human genome. “A fascinating and often sobering history of how humans came to understand the roles of genes in making us who we are—and what our manipulation of those genes might mean for our future” (Milwaukee Journal-Sentinel), The Gene is the revelatory and magisterial history of a scientific idea coming to life, the most crucial science of our time, intimately explained by a master. “The Gene is a book we all should read” (USA TODAY).*

*AN INSTANT NEW YORK TIMES BESTSELLER!*  *“[The Gift of Forgiveness] will spark conversations across families, across friendships, at workplaces, everywhere.” --Maria Shriver* *A fresh, inspiring book on learning how to forgive, with firsthand stories from those who have learned to let go of resentment and find peace. “When we learn to embrace forgiveness, it opens us up to healing, hope, and a new world of possibility.” --Katherine Schwarzenegger Pratt* *Written with grace and understanding and based on more than twenty in-depth interviews and stories as well as personal reflections from Schwarzenegger Pratt herself, The Gift of Forgiveness is about one of the most difficult challenges in life--learning to forgive. Here, Katherine Schwarzenegger Pratt shows us what we can learn from those who have struggled with forgiveness, some still struggling, and others who have been able to forgive what might seem truly unforgivable. The book features experiences from those well-known and unknown, including Elizabeth Smart, who learned to forgive her captors; Sue Klebold, whose son, Dylan, was one of the Columbine shooters, learning empathy and how to forgive herself; Chris Williams, who forgave the drunken teenager who killed his wife and child; and of course Schwarzenegger Pratt's own challenges and path to forgiveness in her own life. All provide different journeys to forgiveness and the process--sometimes slow and thorny, sometimes almost instantaneous--by which they learned to forgive and let go. The Gift of Forgiveness is a perfect blend of personal insights, powerful quotations, and hard-won wisdom for those seeking a way to live with greater acceptance, grace, and peace. A PAMELA DORMAN BOOKS/VIKING LIFE TITLE*

*Bestselling writer and psychotherapist Irvin D. Yalom puts himself on the couch in a lapidary memoir Irvin D. Yalom has made a career of investigating the lives of others. In this profound memoir, he turns his writing and his therapeutic eye on himself. He opens his story with a nightmare: He is twelve, and is riding his bike past the home of an acne-scarred girl. Like every morning, he calls out, hoping to befriend her, “Hello Measles!” But in his dream, the girl's father makes Yalom understand that his daily greeting had hurt her. For Yalom, this was the birth of empathy; he would not forget the lesson. As Becoming Myself unfolds, we see the birth of the insightful thinker whose books have been a beacon to so many. This is not simply a man's life story, Yalom's reflections on his life and development are an invitation for us to reflect on the origins of our own selves and the meanings of our lives.*

*Does your child often feel isolated and do they struggle to get involved in social situations? Are they nervous about what people think of them, or maybe they're just a little unsure of how they feel about themselves? These could be signs that your child is experiencing low self-esteem. This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child grow their self-esteem. It's aimed at children aged 7-11 because a lot happens in these years that can impact a child's sense of self-worth, not just now but for years to come. Your child will be guided, with the help of Bop - a friendly and supportive character they can identify with - through fun and engaging activities which are interspersed with useful tips, inspirational statements and practical information for parents.*

Overcoming the Terror of Death  
A Conversation with Irvin Yalom, MD  
Object Relations in Practice  
Letters to a Young Therapist  
Staring at the Sun  
Stories of Hope and Healing: Easyread Super Large 24pt Edition  
A Matter of Death and Life

"All of us are creatures of a day," wrote Marcus Aurelius, "rememberer and remembered alike." In his long-awaited new collection of stories, renowned psychiatrist Irvin D. Yalom describes his patients' struggles—as well as his own—to come to terms with the two great challenges of existence: how to have a meaningful life, and how to reckon with its inevitable end. In these pages, we meet a nurse, angry and adrift in a morass of misery where she has lost a son to a world of drugs and crime, and yet who must comfort the more privileged through their own pain; a successful businessman who, in the wake of a suicide, despairs about the gaps and secrets that infect every relationship; a newly minted psychologist whose study of the human condition damages her treasured memories of a lost friend; and a man whose rejection of philosophy forces even Yalom himself into a crisis of confidence. Their names and stories will linger long after the book's last page is turned. Like Love's Executioner, which established Yalom's preeminence as a storyteller illuminating the drama of existential therapy, Creatures of a Day is funny, earthy, and often shocking; it is a radically honest statement about the difficulties of human life, but also a celebration of some of the finest fruits—love, family, friendship—that life can bear. We are all creatures of a day. With Yalom as a guide, we can find in this book the means not just to make our own day bearable, but meaningful—and perhaps even joyful.

Mary Pipher, the gifted healer who moved millions of readers with her book Reviving Ophelia, shares for the first time what she has learned in thirty years as a clinical psychologist. These intimate letters tackle with honesty and compassion the challenges faced by all of us who struggle with troubled relationships, stressful jobs, too little time, and too much to do. Pipher's warmth and insight shine from every page of this powerfully engaging guide to living a healthy life.

Olga and Ambrose Worrall were the guiding lights of spiritual healing in America during the last fifty years. During that time they healed thousands of people and participated in countless scientific experiments confirming their healing capacities. The Gift of Healing is their testament to the power of spiritual healing -- as well as their life story. It is probably the most eloquent personal statement on spiritual healing in print. But this is not just an autobiography of two remarkable people. It is also a story of hope -- and the healing power of love. This edition features an afterword by Robert Leichtman, M.D., and "Aqua Vitae, " a collection of Ambrose Worrall's healing prayers.

Acclaimed author and renowned psychiatrist Irvin D. Yalom distills thirty-five years of psychotherapy wisdom into one brilliant volume. The culmination of master psychiatrist Dr. Irvin D. Yalom's more than thirty-five years in clinical practice, The Gift of Therapy is a remarkable and essential guidebook that illustrates through real case studies how patients and therapists alike can get the most out of therapy. The bestselling author of Love's Executioner shares his uniquely fresh approach and the valuable insights he has gained—presented as eighty-five personal and provocative "tips for beginner therapists," including: •Let the patient matter to you •Acknowledge your errors •Create a new therapy for each patient •Do home visits •(Almost) never make decisions for the patient •Freud was not always wrong A book aimed at enriching the therapeutic process for a new generation of patients and counselors, Yalom's Gift of Therapy is an entertaining, informative, and insightful read for anyone with an interest in the subject.

Irvin D. Yalom  
Therapist Life  
Lying On The Couch  
Becoming Myself  
A Practical Approach to Loss and Bereavement in Counselling and Psychotherapy  
Psychodynamic Counselling in a Nutshell  
Sometimes Therapy Is Awkward

*The Gift of Therapy is the new book from the bestselling author of Love's Executioner. The culmination of master psychiatrist Dr Irvin Yalom's forty-five years' work as a therapist, this book illustrates through real case studies how patients and therapists alike can get the most out of therapy. Presented as eighty-five 'tips' for 'beginner therapists', Yalom shares his own fresh approach and the insights he has gained while treating his patients. Personal, and sometimes provocative, Yalom includes some unorthodox suggestions: - Let the patient matter to you - Acknowledge your errors - Create a new therapy for each patient - Three kinds of therapist self-disclosure - Revealing the therapist's personal life: use caution - Full interpretation of a dream? Forget it - Freud was not always wrong This is an entertaining, informative and insightful read for both beginner (and experienced) therapists, patients and everyone with an interest in the subject.*

*Aimed at beginning therapists and those new to object relations, this concise work introduces the reader to the practice of psychodynamic psychotherapy from an object relations (O-R) perspective in a dynamic and easy-to-follow way. One of the four main*

*schools of psychodynamic psychotherapy, O-R is regarded as particularly challenging, both conceptually and practically. The book presents object relations in a clear and concise manner that makes it especially applicable for regular use in the clinical setting. Moreover, the author writes in a narrative style similar to actual psychotherapy supervision; dialogues between a therapist and a fictitious patient appear throughout the book to illustrate common clinical situations. Designed to complement actual training in psychotherapy, the book suggests ways in which the therapist can incorporate object relations tools with other forms of therapy, regardless of the clinical setting. Ideal for students, trainees, and clinicians in psychiatry, psychology, social work, family medicine, and psychiatric nursing, The Little Psychotherapy Book will prove invaluable for any reader seeking a helpful and succinct introduction to object relations in psychotherapy.*

*From the bestselling author of Love's Executioner and When Nietzsche Wept comes a provocative exploration of the unusual relationships three therapists form with their patients. Seymour is a therapist of the old school who blurs the boundary of sexual propriety with one of his clients. Marshal, who is haunted by his own obsessive-compulsive behaviors, is troubled by the role money plays in his dealings with his patients. Finally, there is Ernest Lash. Driven by his sincere desire to help and his faith in psychoanalysis, he invents a radically new approach to therapy -- a totally open and honest relationship with a patient that threatens to have devastating results. Exposing the many lies that are told on and off the psychoanalyst's couch, Lying on the Couch gives readers a tantalizing, almost illicit, glimpse at what their therapists might really be thinking during their sessions. Fascinating, engrossing and relentlessly intelligent, it ultimately moves readers with a denouement of surprising humanity and redemptive faith.*

*First published in 1992. Routledge is an imprint of Taylor & Francis, an informa company.*

*The Making of a Therapist*

*The Schopenhauer Cure*

*The Theory and Practice of Group Psychotherapy*

*The Yalom Reader*

*A Child's Guide to Self-Esteem*

*A Collection of Life-Changing Insights for the Modern Clinician*

*The Heart of a Servant Leader*

The Gift of Therapy: A Conversation with Irvin Yalom, MD, the video, coincides with the publication of his book, The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients. In this hour-long interview by Randall Wyatt, PhD of Psychotherapy.net, renowned psychiatrist and author Dr. Yalom. discusses the central themes of his life's work as a psychotherapist and writer. He addresses such core concepts as existential psychotherapy, therapists' fears of self-disclosure, working in the here-and-now, group psychotherapy, and challenges for the next generation of therapists. He elucidates these topics as always with engaging stories from his work with patients, and his own life. This video will be quite valuable for teaching purposes and personal learning for both therapists, as well as anyone interested in the process of human growth and self-understanding. Keywords: Yalom, Irvin, gift, interview, conversation, group, existential, humanistic, video, videos, Counseling, counselling, Social Work, Social Worker, Therapy, Psychotherapy, Psychotherapy.net, Therapist.--Supplied by publisher.

This collection of ten absorbing tales by master psychotherapist Irvin D. Yalom uncovers the mysteries, frustrations, pathos, and humor at the heart of the therapeutic encounter. First published in 1989, this New York Times bestselling collection of ten tales has become a classic. Yalom not only gives us a rare and enthralling glimpse into his patients' personal desires and motivations, but also tells his own story as he struggles to reconcile his all-too-human response with his sensibility as a psychiatrist. Now with a new afterword, Love's Executioner promises to inspire generations of readers to come.

Psychodynamic Counselling in a Nutshell explains in clear, jargon-free style, the concepts at the heart of the psychodynamic approach, and, drawing on case material, describes the therapeutic practice which rests on those ideas. Assuming no previous knowledge of the subject, the book introduces: - the history of the approach, - the key main concepts, and - practical techniques used by practitioners In the first chapter, the author introduces a client, John, whose case is revisited throughout the book, connecting together theory and practice for the reader. This new and revised edition also now includes new material on supervision and ethics, on Freud and Jung, and on outcome research and the most recent developments in the field. Psychodynamic Counselling in a Nutshell is the ideal place to start for anyone reading about the psychodynamic approach for the first time.

From the internationally bestselling author of Love's Executioner and When Nietzsche Wept, comes a novel of group therapy with a cast of memorably wounded characters struggling to heal pain and change lives Suddenly confronted with his own mortality after a routine checkup, eminent psychotherapist Julius Hertzfeld is forced to reexamine his life and work -- and seeks out Philip Slate, a sex addict whom he failed to help some twenty years earlier. Yet Philip claims to be cured -- miraculously transformed by the pessimistic teachings of German philosopher Arthur Schopenhauer -- and is, himself, a philosophical counselor in training. Philip's dour, misanthropic stance compels Julius to invite Philip to join his intensive therapy group in exchange for tutoring on Schopenhauer. But with mere months left, life may be far too short to help Philip or to compete with him for the hearts and minds of the group members. And then again, it might be just long enough.

An Intimate History

A Twice-Told Therapy

A Novel

Tales From Psychotherapy

Features a new foreword and brand-new tools

Shibboleth or Albatross?

Gift of Tears

Lessons from the personal experience and reflections of a therapist. The difficulty and cost of training psychotherapists properly is well known. It is far easier to provide a series of classes while ignoring the more challenging personal components of training. Despite the fact that the therapist's self-insight, emotional maturity, and calm centeredness are critical for successful psychotherapy, rote knowledge and technical skills are the focus of most training programs. As a result, the therapist's personal growth is either marginalized or ignored. The Making of a Therapist counters this trend by offering graduate students and beginning therapists a personal account of this important inner journey. Cozolino provides a unique look inside the mind and heart of an experienced therapist. Readers will find an exciting and privileged window into the experience of the therapist who, like themselves, is just starting out. In addition, The Making of a Therapist contains the practical advice, common-sense wisdom, and self-disclosure that practicing professionals have found to be the most helpful during their own training.The first part of the book, 'Getting Through Your First Sessions,' takes readers through the often-perilous days and weeks of conducting initial sessions with real clients.

Cozolino addresses such basic concerns as: Do I need to be completely healthy myself before I can help others? What do I do if someone comes to me with an issue or problem I can't handle? What should I do if I have trouble listening to my clients? What if a client scares me?The second section of the book, 'Getting to Know Your Clients,' delves into the routine of therapy and the subsequent stages in which you continue to work with clients and help them. In this context, Cozolino presents the notion of the 'good enough' therapist, one who can surrender to his or her own imperfections while still guiding the therapeutic relationship to a positive outcome. The final section, 'Getting to Know Yourself,' goes to the core of the therapist's relation to him- or herself, addressing such issues as: How to turn your weaknesses into strengths, and how to deal with the complicated issues of pathological caretaking, countertransference, and self-care.Both an excellent introduction to the field as well as a valuable refresher for the experienced clinician, The Making of a Therapist offers readers the tools and insight that make the journey of becoming a therapist a rich and rewarding experience.

Hailed by Jerome Frank as “the best book that exists on the subject, today and for the foreseeable future,” Irvin D. Yalom’s The Theory and Practice of Group Psychotherapy has long been the standard text in its field. Indeed, in a survey reported in the American Journal of Psychiatry, it was cited as one of the ten most influential psychiatry publications of the past decade, and it was one of the very few judged to be of “seminal or lasting value.”In this completely revised and expanded fourth edition—updated to reflect the American Psychiatric Association’s latest diagnostic manual, the DSM-IV—Dr. Yalom presents the most recent developments in the field, drawing on nearly a decade of new research as well as his own broad clinical wisdom and experience. This edition features new sections on combining individual and group therapy, the latest information about brief group therapy, and how to modify group work to deal with the newly emerging homogeneous focal groups (including survivor groups), as well as updated references and new clinical vignettes drawn from the author’s recent practice.Throughout, Dr. Yalom has updated the style and content of the chapters, while retaining valid research and clinical observations. Illustrating the text are vivid cases from nearly two thousand group sessions that he has led over the past decade.The Theory and Practice of Group Psychotherapy is an informative text that is at once scholarly and lively. This new edition is the most up-to-date, incisive, and comprehensive text on group therapy available today.

Written in Irv Yalom's inimitable story-telling style, Staring at the Sun is a profoundly encouraging approach to the universal issue of mortality. In this magisterial opus, capping a lifetime of work and personal experience, Dr. Yalom helps us recognize that the fear of death is at the heart of much of our anxiety. Such recognition is often catalyzed by an "awakening experience"—a dream, or loss (the death of a loved one, divorce, loss of a job or home), illness, trauma, or aging. Once we confront our own mortality, Dr. Yalom writes, we are inspired to rearrange our priorities, communicate more deeply with those we love, appreciate more keenly the beauty of life, and increase our willingness to take the risks necessary for personal fulfillment.

The many thousands of readers of the best-selling Love's Executioner will welcome this paperback edition of an earlier work by Dr. Irvin Yalom, written with Ginny Elkin, a pseudonymous patient whom he treated -- the first book to share the dual reflections of psychiatrist and patient. Ginny Elkin was a troubled young and talented writer whom the psychiatric world had labeled as "schizoid." After trying a variety of therapies, she entered into private treatment with Dr. Irvin Yalom at Stanford University. As part of their work together, they agreed to write separate journals of each of their sessions. Every Day Gets a Little Closer is the product of that arrangement, in which they alternately relate their descriptions and feelings about their therapeutic relationship.

In Therapy

The Gene

Transference

A Novel Of Obsession

You're a Star

& Other Tales of Psychotherapy

Uncovering a Hidden Kindness in Life

***Irvin Yalom is one of the best known, most widely read, and most influential psychiatrists in the contemporary world. This volume traces the genesis and evolution of his thinking and presents some of the seminal ideas of his writings.***

***A year-long journey by the renowned psychiatrist and his writer wife after her terminal diagnosis, as they reflect on how to love and live without regret. Internationally acclaimed psychiatrist and author Irvin Yalom devoted his career to counseling those suffering from anxiety and grief. But never had he faced the need to counsel himself until his wife, esteemed feminist author Marilyn Yalom, was diagnosed with cancer. In A Matter of Death and Life, Marilyn and Irv share how they took on profound new struggles: Marilyn to die a good death, Irv to live on without her. In alternating accounts of their last months together and Irv's first months alone, they offer us a rare window into facing mortality and coping with the loss of one's beloved. The Yaloms had numerous blessings—a loving family, a Palo Alto home under a magnificent valley oak, a large circle of friends, avid readers around the world, and a long, fulfilling marriage—but they faced death as we all do. With the wisdom of those who have thought deeply, and the familiar warmth of teenage sweethearts who've grown up together, they investigate universal questions of intimacy, love, and grief. Informed by two lifetimes of experience, A Matter of Death and Life is an openhearted offering to anyone seeking support, solace, and a meaningful life.***

***Worldwide, an increasingly diverse and growing number of people are seeking therapy. We go to address past traumas, to break patterns of behaviour, to confront eating disorders or addiction, to talk about relationships, or simply because we want to find out more about ourselves. Susie Orbach has been a psychotherapist for over forty years. Also a million-copy bestselling author, The New York Times called her the 'most famous psychotherapist to have set up couch in Britain since Sigmund Freud'. Here, she explores what goes on in the process of therapy through a series of dramatized case studies. Insightful and honest about a process often necessarily shrouded in secrecy, In Therapy: The Unfolding Story is an essential read for those curious about, or considering entering, therapy. This complete edition takes us deeper into the world of therapy, with 13 further sessions and a new introduction.***

***NEW YORK TIMES BESTSELLER • In hardcover for the first time, this tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new foreword and brand-new tools to make the work your own. For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what’s now become a movement all started with The Gifts of Imperfection, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way. Brené writes, “This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, ‘My story matters because I matter.’ Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance.”***

***Selections from the Work of a Master Therapist and Storyteller***

***Reflections on Being a Therapist***

***Coventry Magic with Candles, Oils, and Herbs***

***A Snarky, Humorous & Relatable Adult Coloring Book - Gift For Therapists***

***Every Day Gets a Little Closer***

***An Open Letter to a New Generation of Therapists and Their Patients***

The Gift of TherapyAn Open Letter to a New Generation of Therapists and Their PatientsHarper Collins

“A warm, profound and clear-eyed memoir. . . this wise and sympathetic book’s lingering effect is as a reminder that a deeper and more companionable way of life lurks behind our self-serious stories.”—Oliver Burkeman, New York Times Book Review A remarkable exploration of the therapeutic relationship, Dr. Mark Epstein reflects on one year’s worth of therapy sessions with his patients to observe how his training in Western psychotherapy and his equally long investigation into Buddhism, in tandem, led to greater awareness—for his patients, and for himself For years, Dr. Mark Epstein kept his beliefs as a Buddhist separate from his work as a psychiatrist. Content to use his training in mindfulness as a private resource, he trusted that the Buddhist influence could, and should, remain invisible. But as he became more forthcoming with his patients about his personal spiritual leanings, he was surprised to learn how many were eager to learn more. The divisions between the psychological, emotional, and the spiritual, he soon realized, were not as distinct as one might think. In The Zen of Therapy, Dr. Epstein reflects on a year’s worth of selected sessions with his patients and observes how, in the incidental details of a given hour, his Buddhist background influences the way he works. Meditation and psychotherapy each encourage a willingness to face life’s difficulties with courage that can be hard to otherwise muster, and in this cross-section of life in his office, he emphasizes how therapy, an element of Western medicine, can in fact be considered a two-person meditation. Mindfulness, too, much like a good therapist, can “hold” our awareness for us—and allow us to come to our senses and find inner peace. Throughout this deeply personal inquiry, one which weaves together the wisdom of two worlds, Dr. Epstein illuminates the therapy relationship as spiritual friendship, and reveals how a therapist can help patients cultivate the sense that there is something magical, something wonderful, and something to trust running through our lives, no matter how fraught they have been or might become. For when we realize how readily we have misinterpreted our selves, when we stop clinging to our falsely conceived constructs, when we touch the ground of being, we come home.

Sometimes therapy is awkward. And sometimes it’s also painful, messy, and downright confusing. In its much-anticipated release, this guide chronicles the strange nuances of working in mental health in the modern world. Sometimes Therapy Is Awkward provides refreshingly candid insight into what it takes to feel more confident and prepared to help others. This guide offers stories, jokes, and action-based solutions for:Coping with excruciating insecuritiesImproving clinical skillsNavigating the workplaceSetting healthy and effective boundariesManaging burnout and compassion fatigueUnderstanding mental health treatment in the modern worldUsing introspection and humor, this practical roadmap is ideal for aspiring therapists, new therapists, and any therapist who identifies with feeling afraid or uncomfortable in their work.

Everyone needs help from time to time, especially in the midst of painful circumstances and difficult trials. In this short book, a highly respected biblical counselor and successful author offers practical guidance for all Christians—pastors and laypeople alike—who want to develop their “helping skills” when it comes to walking alongside hurting people. Written out of the conviction that friends are the best helpers, this accessible introduction to biblical counseling will equip believers to share their burdens with one another through gentle words of wisdom and kind acts of love. This book is written for those eager to see God use ordinary relationships and conversations between ordinary Christians to work extraordinary miracles in the lives of his people.

Existential Psychotherapy

A No BS Guide to Finding and Living Your Own Truth

Inspiring Stories from Those Who Have Overcome the Unforgivable