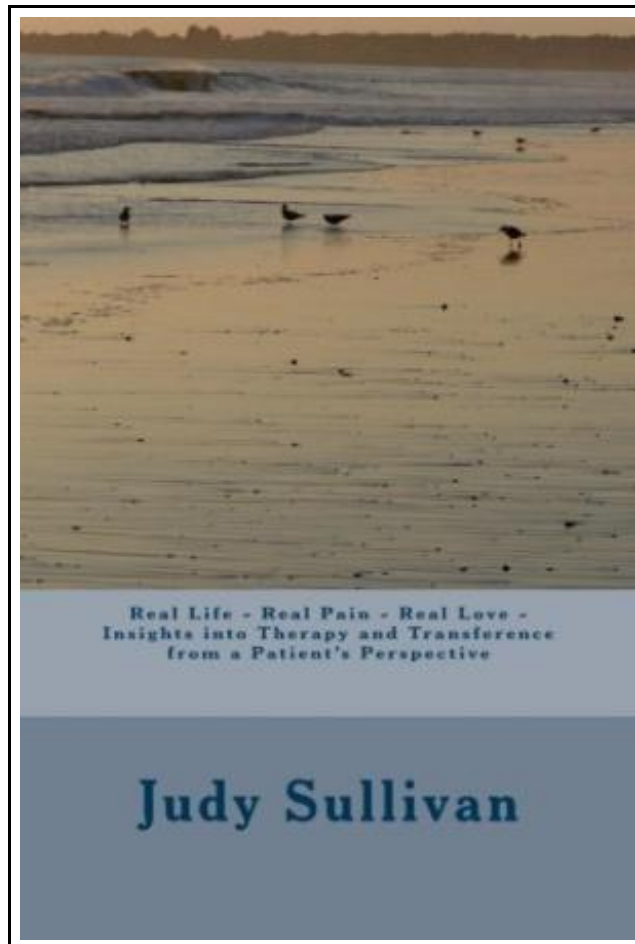


Real Life - Real Pain - Real Love - Insights Into Therapy and Transference from a Patient's Perspective



Filesize: 4.18 MB

Reviews

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REAL LIFE - REAL PAIN - REAL LOVE - INSIGHTS INTO THERAPY AND TRANSFERENCE FROM A PATIENT S PERSPECTIVE



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Eight years have passed since that first appointment with her therapist. She never expected then that he would become the most important person in her life. In an easy to read format, the author shares with the Reader a true and intensely personal account of her therapy, transference and forced termination. It is the story of intense pain, great joy and the impact a therapist can have on his patients. This book, based on a real patient s experiences, delves deeply into the psyche of a client and attempts through essay, letters and poems to express the deep, intimate emotions a client feels during a strong therapeutic alliance and forced termination. Like a thought-provoking novel, these writings show the wide range and depth of feelings elicited through deeply intimate emotional exchanges over an 8 year period. When the author receives word her much loved and respected therapist will be leaving in a year and moving out of state, her world is shattered as her life begins to spiral out of control. When he does indeed depart, the grieving begins in earnest, as she is catapulted into the final stages of the therapeutic process. Her fervent hope is by opening up her life and her grief to the general public, individuals will learn therapy from the inside out and they will understand they are not alone. We are all the same.but different. Describing therapy, the author writes: Therapy is the most wonderful, gut wrenching experience. Sometimes I marvelled at the trust I had in this man. I never asked, but I often wondered if all his clients opened up to him as freely as I did. I cried, I...

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