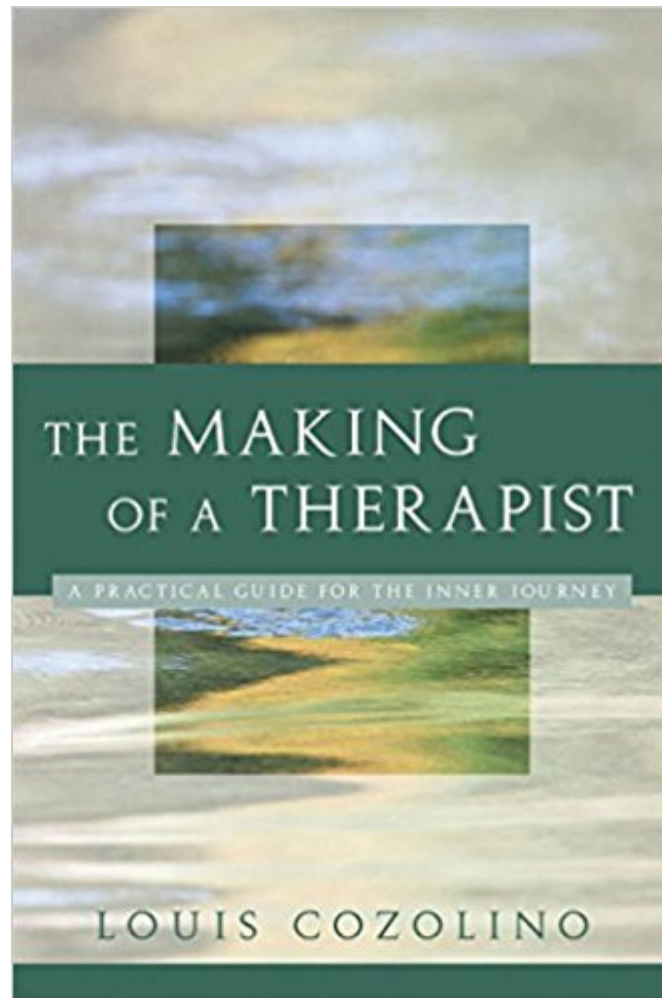




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The Making Of A Therapist (Norton Professional Books)



Synopsis

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.

Book Information

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Customer Reviews

“This is clearly a book written by an expert therapist | [F]ull of practical advice, common-sense wisdom and self-disclosure | His advice to and support for beginning therapists is not only compassionate but also inspiring | [E]xtremely readable and the cases so interesting that it could be read also by non-specialists, by anybody who is interested in human nature and human relationships. Highly recommended for psychologists as well as for educators.” • -

E-Streams “The clear writing style makes it easy to read and sensitively approaches a variety of subject areas. . . . A must buy for those in training and also for lecturers.” • - Journal of Critical Psychology, Counselling and Psychotherapy

Louis Cozolino, PhD, is a professor of psychology at Pepperdine University and a private practitioner. He is the author of *The Healthy Aging Brain*, *The Neuroscience of Human Relationships*, *The Neuroscience of Psychotherapy*, and *The Making of a Therapist*. He lives in Los Angeles, California.

Excellent book. The author address real issues counselors may experience. He and discuss those issues in away that keeps the reader engaged. A great book for beginning counselors.

Fantastic....a must for graduate students! I am at the end of my Master's degree in Counseling and found this book the perfect read at this time. The author shares decades of wisdom in a humble and yet authoritative manner.

A great book for anyone from student to professional therapist. It's an easy read with helpful tips

and stories from the author's experiences. I've already recommended it to someone.

Good read for beginning and intermediate therapists. Eases some anxieties about expectations of being a therapist.

A warm, humble, insightful and easy read. Prof. Cozolino aims well.

I liked the authenticity of the author. This book increased my self-compassion as a therapist. I highly recommend this book to those in the healing profession.

A reader-friendly, simply-worded yet an important book for interns and new therapists. I recommend it, along with "The Gift of Therapy" by amazing Irvin Yalom.

It's refreshing to read work that gives an intimate glimpse into the world of an experienced therapist. It is obvious that the author cares deeply about the craft of psychotherapy and the private world of the therapist. After all, it's about relationships. And the more light we can shine on the path of self discovery the easier the journey. R. Williams, coauthor of The Mindfulness Workbook for Addiction.

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