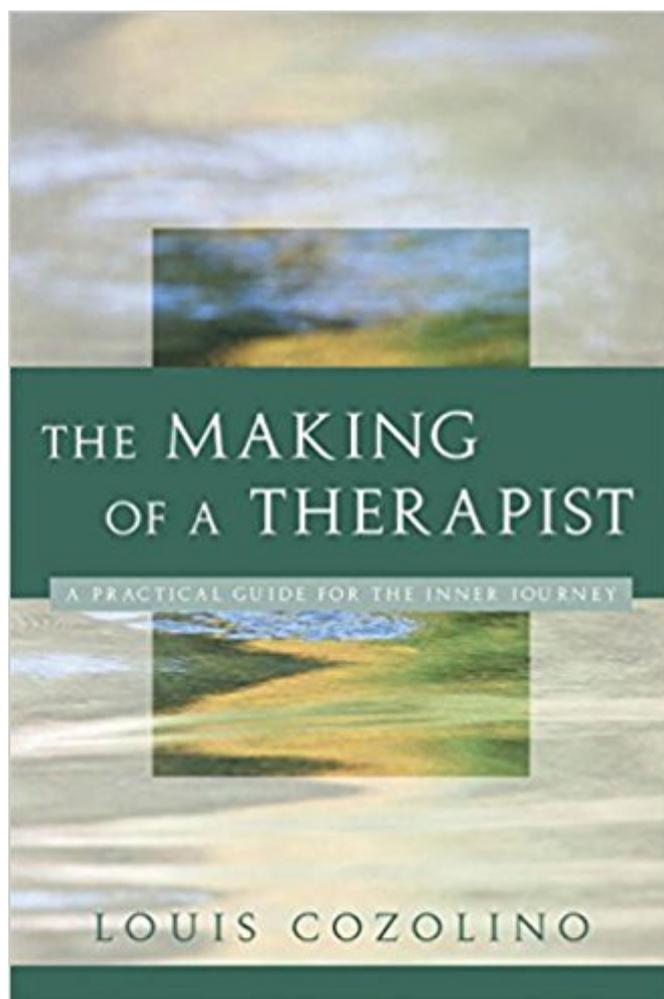


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# The Making Of A Therapist (Norton Professional Books)



## 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

I'd bet he is. First of all, this is an excellently written book. It must have been daunting to try to pull off turning the information he provided into such a imminently readable book. But the author hit it out of the park with his writing abilities, knowledge and expertise. I'll be referring to this book for years. Cozolino leaves very few stones unturned for the beginning psychotherapist. So, if you're looking for a primer on psychotherapy, I literally can't imagine a better book to begin with. Fantastic job Dr. Cozolino.

If you are a therapist or want to be a therapist this book puts all your fears, concerns and worries into perspective. It actually gave me the strength to feel good about my choice and believe in myself. It empowered me and took away my fears. It helped me realize that being wrong is expected and how to communicate and find patterns to help clients change. This book is easy to read, makes clear common sense and is a page turner right to the end.

A compulsive page turner and desk side companion for the caretaking profession. You will feel normal, assured and courageous after reading it. should be compulsory reading in all psychotherapy based curriculums!!!!

This was actually one of the books required for my Graduate School studies. As a beginner, I have found it to be VERY helpful in explaining several of the processes of therapy. I would recommend this book for anyone who would like to find out more about the behind the scenes makings of therapy and how to develop great rapport with clients.

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*.

I had to read this book for a class taught by Dr. Cozolino -- whom I liked well enough but with whom I was not enthralled. So I opened the book thinking he had us buy it just for his own self-promotion and pocketbook fattening purposes. I closed the book thinking it was one of the most helpful texts ever assigned in my psych program. I think every budding therapist should read it -- it really makes you think about your own thoughts, feelings, biases, and process. I would venture to say that it is probably the best exploration of countertransference available, and that every therapist or clinician needs to think deeply about the countertransference and other personal issues he or she brings to their sessions by giving this book a read. I do, however, believe the book needs an index and an editor to streamline it a bit for organization purposes.

This was the best "beginner" book I've read so far. It talks about what you actually feel like and go through when starting out (for the experienced therapist as well). The author gives examples of his own initial misconceptions and mistakes which are common. I especially liked the overall theme which is about the "internal" world being as important as "professional" knowledge.

Excellent book for any therapist, beginning or experienced. Should be a must read mental health professionals. It offers many great examples of practical advice, something much needed when first starting in the field.

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