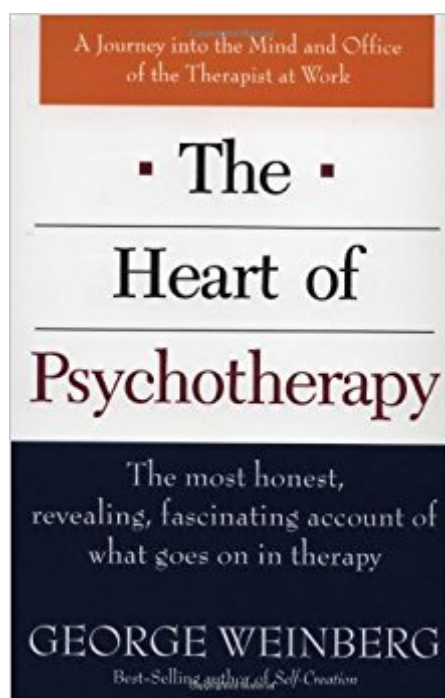


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The Heart Of Psychotherapy: The Most Honest, Revealing, Fascinating Account Of What Goes On In Therapy



Synopsis

Candid, compassionate, and groundbreaking. *The Heart of Psychotherapy* opened the door to the therapeutic office more than a decade ago, offering a generation of readers an unparalleled evaluation of what does-and what should-go on in therapy. This edition, published with a new expanded foreword written by the author, reaffirms Dr. George Weinberg's understanding of therapy as an intimate relationship between two people-the patient who has reached out for help and the therapist who wants to give it-and discusses particular issues that have emerged in the 1990s. In this new edition, Dr. Weinberg:-Advises the healthy male on how to express his feelings openly-Challenges therapists to refrain from imposing their prior beliefs on patients-Discusses the needed feminist influence in psychotherapy

Wise and sensitive, powerful and courageous, *The Heart of Psychotherapy* is an unusual, penetrating book that has long been regarded as the leading work in its field.

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Globe

Candid, compassionate, and groundbreaking, *The Heart of Psychotherapy* opened the door to the therapeutic office more than a decade ago, offering a generation of readers an unparalleled evaluation of what does - and what should - go on in therapy. This edition, published with a new expanded foreword written by the author, reaffirms Dr. George Weinberg's understanding of therapy as an intimate relationship between two people - the patient who has reached out for help and the therapist who wants to give it - and discusses particular issues that have emerged in the 1990s. In this new edition, Dr. Weinberg advises the healthy male on how to express his feelings openly; challenges therapists to refrain from imposing their prior beliefs on patients; and discusses the needed feminist influence in psychotherapy. Wise and sensitive, powerful and courageous, *The Heart of Psychotherapy* is an unusual, penetrating book that has long been regarded as the leading work in its field.

Good book perfect for the psychology student. I highly recommend a new psychology student read this book

As usual the us is a country of greatness...for me since i used to live there its one of the best countries in the world...what make the us great for me is how consentrated and focused and advanced she is in any field... be it watches or psychology books...what is also great is how understandable and feasable everything is...

Great for a new practitioner!

This was for a class. I really enjoyed it. Very much full of highlighting and notes. Will definitely read and re-read over again.

Great ideas, a bit dated.

Great book.

The first parts of the book cover such practical details as "Clothing", "The Telephone", and "Record Keeping". Next comes Diagnosis, Motivation (the patient's), The Therapist-Patient Relationship

(focusing heavily on transference and countertransference), and *The Tools of Treatment* ("Listening", "Asking Questions", "Interpretation", etc.). It's encouraging to see Weinberg's acknowledgement of "The Therapist's Personality". (Ever met a therapist who wouldn't admit to having one?) You may find it refreshing or you may find it disagreeable, but Weinberg is one therapist-author who does not hesitate in the slightest to state his own shoulds and should-nots. He acknowledges that they're his ("I think...", "...in my opinion"), and that's what this book is made of. He does some surveying of common therapeutic practice, but eventually states his own conclusions about how therapists should behave. For instance: "An adult on his way from tennis should not have to go all the way home to change if the therapist's office is near the courts. A shower ought to be enough, in my opinion" (p. 28). Once Weinberg gets past clothing and telephones and into things like interpretation, advice-giving, and listening, we're on more typical ground for books about therapy. Still Weinberg presents his ways of doing things. Agree or disagree; this might be an interesting book to provoke discussion among therapists-in-training. Or to provoke thought among therapy patients -- whose own therapists might or might not agree with Weinberg's assertions. The book is most useful in those places where Weinberg includes his rationale with his choices.

Although the subtitle of this book is "A Journey into the Mind and Office of the Therapist at Work," it is essentially about the practice of the author, George Weinberg. Moreover, I feel that Weinberg often asserts that his own ideas, opinions, and practices are universal, or at the very least should be. My own experiences as a client in therapy have differed somewhat from what Weinberg presents as hard and fast rules that all therapists should follow, and I feel that these differences are often what has made my therapy successful. Furthermore, I feel that the author has not yet overcome some of his own issues, and that these are expressed very clearly in the book. One of these is Weinberg's apparent attitude that he is much better off than his clients (and anyone else's too) and that, therefore, the patients deserve his pity. He speaks of his adult clients as if they were children or adults who sadly failed to grow up. To be fair, there are some passages in the book where the author demonstrates a true tenderness and compassion for his clients, but I feel that the attitude of pity is pervasive. Another example of his unresolved issues is that some of the "rules" that Weinberg suggests therapists adopt seem to be more about creating and maintaining some control over the patient and his or her actions both in and out of session. Does it really jeopardize the work done in therapy if a client discusses a revelation with a trusted friend? I believe that Weinberg's idea that patients should agree to strict confidentiality out of session is too broad-sweeping and indicative of the therapists' worry over being found wrong. Finally, the book is

full of sexist language. The author uses the "generic he" through out the book. Conversely, when citing an example provided by a colleague who happens to be female, he always begins the anecdote with some version of the following, "For example, a woman therapist..." As a professional woman myself, I find this quite insensitive. For me, it throws Weinberg's whole credibility into question. I do have to say that the book has some good points and wonderful insights; it made for lively discussions with my therapist about her practice and our relationship. However, I ultimately found the book nearly unbearable.

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