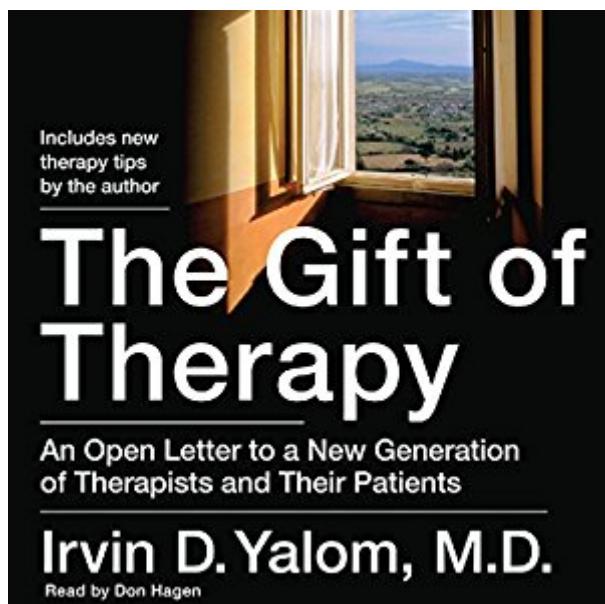


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# The Gift Of Therapy: An Open Letter To A New Generation Of Therapists And Their Patients



## **Synopsis**

The culmination of master psychiatrist Dr. Irvin D. Yalom's more than 35 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 best-selling author of Love's Executioner shares his uniquely fresh approach and the valuable insights he has gained - presented as 85 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.

## **Book Information**

Audible Audio Edition

Listening Length: 7 hours and 39 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HarperAudio

Audible.com Release Date: December 11, 2012

Whispersync for Voice: Ready

Language: English

ASIN: B00A2ZI2A8

Best Sellers Rank: #22 in Books > Medical Books > Psychology > Education & Training #33 in Books > Audible Audiobooks > Science > Medicine #43 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry

## **Customer Reviews**

This was required reading for a psychotherapy class that I took, but I would have enjoyed reading it either way. The chapters were short, the language was easy, and the writing felt very intimate. I found it infinitely interesting to hear about the experiences of someone who has practiced psychotherapy for so long, there were many things I would have never even considered - either as patient or therapist. This is definitely a book I plan to keep near by throughout the remainder of my coursework and hopefully into my own practice.

This is a good book but keep in mind that the theorist behind it is from the existentialist school of

thought and much of what is discussed related to that particular theory.

If there's a patron saint of therapy, Irvin Yalom would be mine. I find his writing to be smart, sensitive and insightful. And as a student of mental health counseling, I find it incredibly inspirational. *The Gift of Therapy* is a practical, easy-to-access insider's guide packed with insightful nuggets of wisdom from one of therapy's greatest living legends. Purchase with confidence.

I began reading this book several years ago when finishing my degree in counseling. The book was recommended by my mentor and I had enjoyed other Yalom works. It has been a pleasure gaining inspiration from Yalom through his written word and illuminating stories. While experience has changed my perspective on this book, the essential enjoyment of one's work and creativity in pursuing excellence in therapy transcends the limiting factors (the main being that many people do not get to work with clients who want treatment, so many of us work with mandated clients these days). For anyone in this field or interested in how therapy 'should' work, I strongly recommend this book. My sister, who does not fit into either category, but does enjoy reading and learning, also enjoyed the book; such is the testament of Yalom's writing.

This book was assigned for my Master's Advanced Abnormal Psychology class, otherwise, I probably would never have purchased it. Having said that, I have enjoyed reading some of the entries, and it has helped with some valuable lessons that will be utilized later in my career.

For anyone who has earned any sort of therapeutic degree, Dr. Yalom is known. In particular, he is the "guru" of group therapy, having written what is the standard textbook and reference on group therapy. Yet this wonderful little book is different. A highly individualized look at what therapists do, *The Gift of Therapy* is a clear and unburdened look into a world that is so misunderstood and often parodied in our society. This is the third copy I have purchased. I give it to others. As a practitioner, I find this look at therapy to be extremely useful to help clients and administrative people in my circle to better understand the reality of the work. In particular, those non-clinical people around me who need to wrestle with the realities of fund raising, receiving fair compensation from insurance companies and other such unpleasant tasks are amazed to see the difference between what happens in their work and the atmosphere that needs to be created in the therapy space in order to allow the process to work. In addition, anyone looking for a therapist or in therapy could use this to help guide them in their selection process and in the work itself. I recommend this book highly.

Yalom is absolutely amazing, and this book does not disappoint! He is a leader in the field, a talented clinician who is timeless and ageless. I'll read any of his stuff!

Irvin Yalom is a prolific author, Professor Emeritus of Psychiatry at Stanford University, and at the time of writing this book had over 35 years of clinical practice. His book is essentially 85 tips for professional counselors on how to get the most out of therapy. Each tip is a chapter so you get a tip and then an explanation of the tip. Although the book is designed for professional counselors, non-professional counselors and even clients of counselors can benefit from giving this little book a read. Some of the tips to counselors include:

- Let the patient matter to you
- Do home visits
- Acknowledge your errors
- Create a new therapy for each patient
- Give yourself time between patients

Yalom's writing style is personal and engaging. His sense of humor shines through his writing and each chapter is written in a no-nonsense, down-to-earth fashion. In this little book I have found a tome in which I will return to again and again. While the title is *The Gift of Therapy*, in reality it is Yalom's gift to therapy. Highly Recommended

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