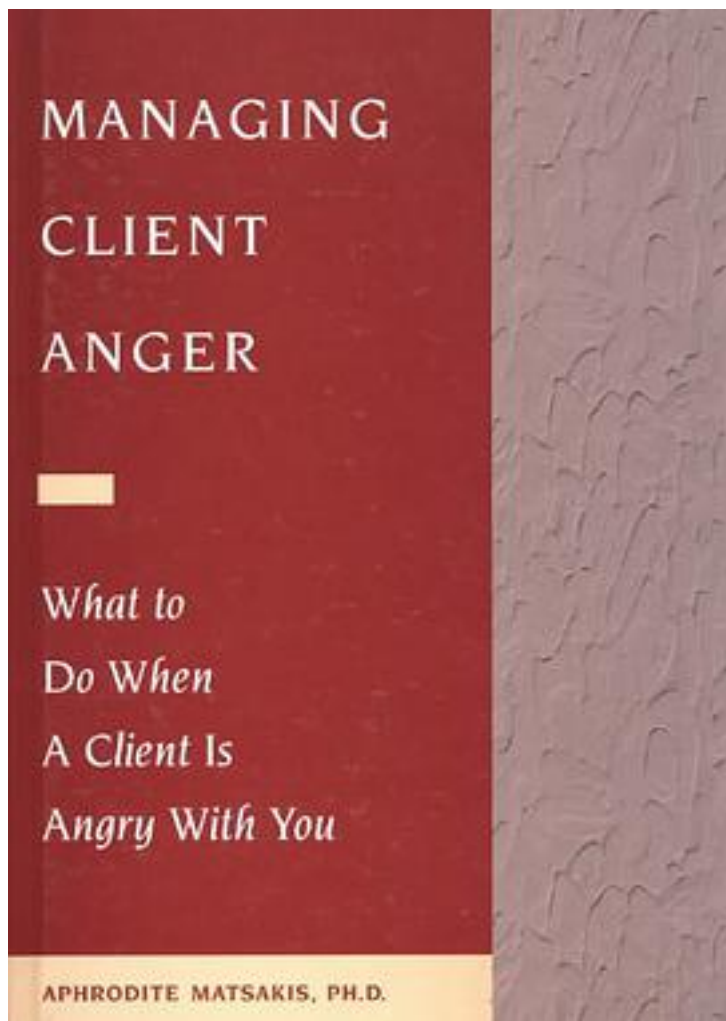


# Managing Client Anger



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出版者:New Harbinger Pubns Inc

出版时间:

装帧:HRD

isbn:9781572241237

The author of I Can't Get Over It explains what therapists can do to cope effectively

when clients direct anger at them. The purpose of this book is to help increase a therapist's effectiveness in coping with clients when they become angry. It provides guidelines for creating a therapeutic environment in which it is emotionally safe for a client to express anger, while being assured of one's ability to identify and defuse potentially dangerous encounters. This book examines the diverse sources of client anger at therapists and other helping professionals, and outlines the ways in which this anger can manifest itself. It includes guidelines for judging a client's potential for crossing the line from anger to assaultive behavior, and will add to a practitioner's database about how to increase comfort level with angry clients and how to manage the stress, shame, and anxiety that are natural reactions on the part of any helping professional faced with rage instead of gratitude.

作者介绍:

目录:

[Managing Client Anger\\_ 下载链接1](#)

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