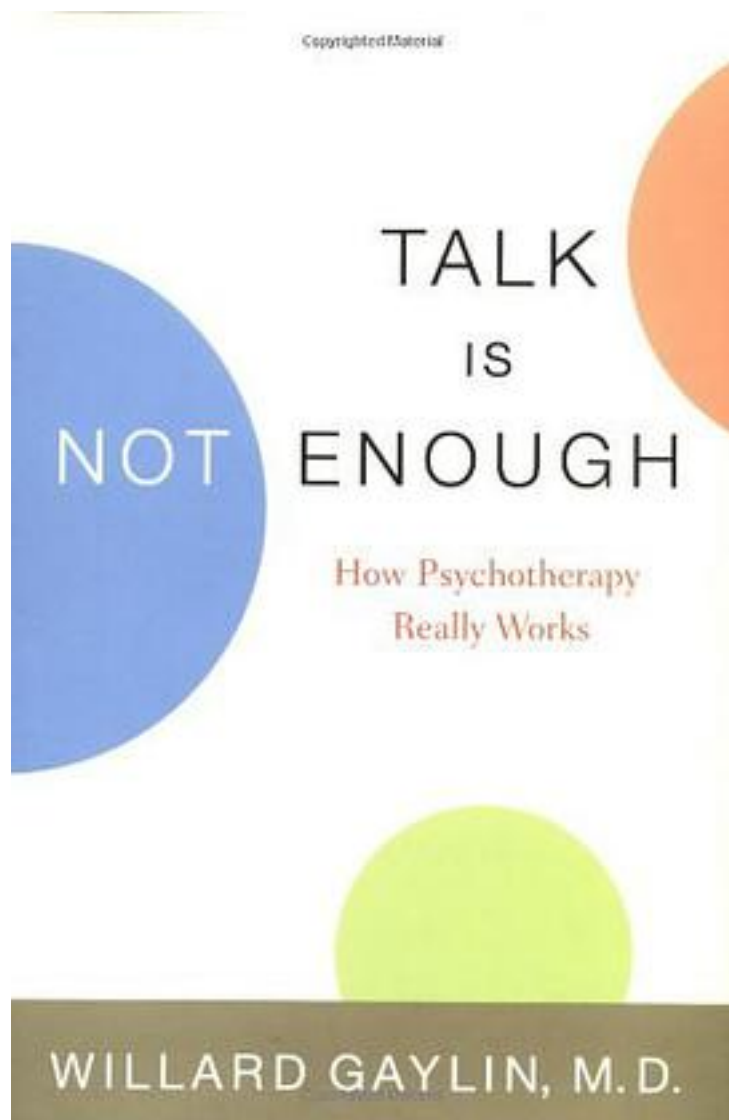


Talk Is Not Enough



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著者:Gaylin, Willard

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Although more people than ever are in psychotherapy, confusion about what it is, who needs it, and who doesn't still exists. Drawing on over thirty years of experience as a psychotherapist, analyst, and teacher, Dr. Gaylin addresses the fundamentals of the therapeutic process. How does therapy work? Can "talking" truly precipitate a change in behavior? Why do therapists rely so heavily on childhood experiences? Does the past really affect the present? Gaylin speaks plainly but profoundly about the art of therapy, what the roles of the patient and therapist should be, and what it takes, on the part of each, for a patient to get better. The result is an enlightening tour through one of the most misunderstood sciences of our time. As insurance companies limit the number of therapy sessions they will cover and people look for quick-fix "cures" for their psychological ailments, Dr. Gaylin explains the importance of long-term therapy. This book has a natural audience of people in therapy. Current estimates put this number at 15 million.

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