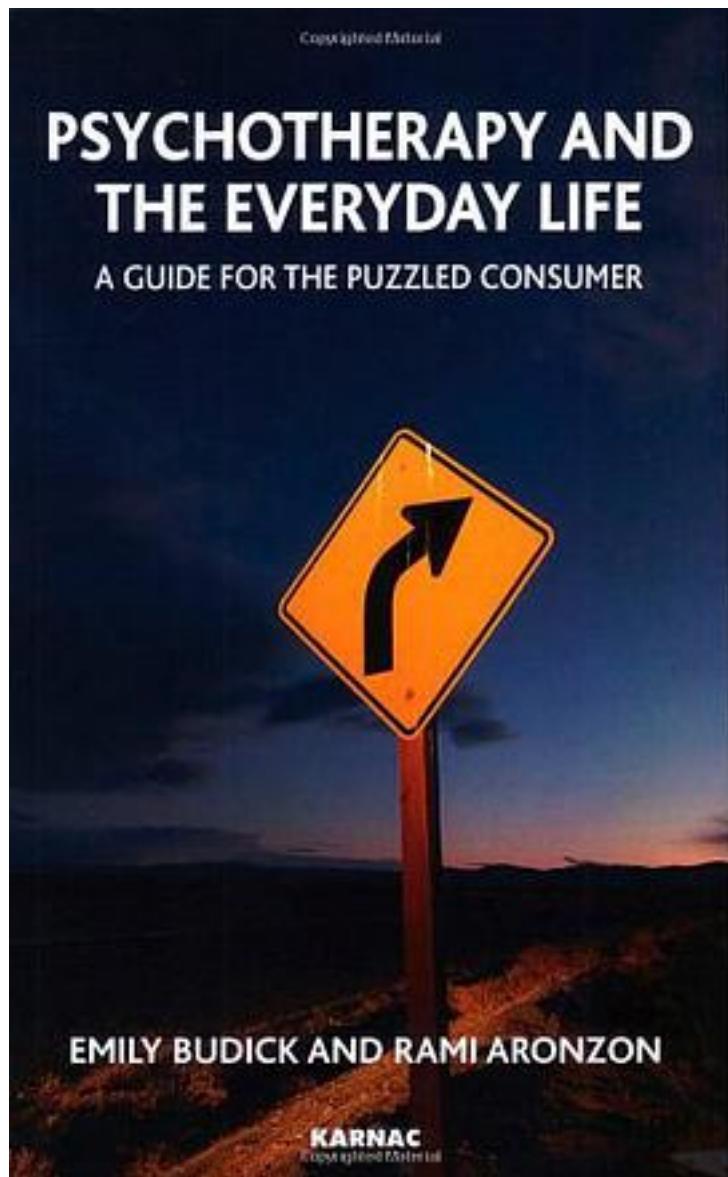


Psychotherapy and the Everyday Life



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Psychoanalytic psychotherapy (hereafter also referred to simply as psychotherapy) is the kind of therapy that most closely follows Freud's own dynamic model of mind, both in theory and in practice. This is so despite its important differences from Freud, which are also detailed in this work. Psychotherapy and the Everyday Life is intended to help individuals who are seeking some sort of psychological help to determine whether psychoanalytic psychotherapy is appropriate for them, and why. It is also geared to helping those who have already entered such therapy to understand what the process entails so that they will be better able to stick with it, especially in the early weeks when (as we shall see) the "resistance" to therapy is extremely high. Psychoanalytic psychotherapy is in every way a perplexing business. Its value to its recipients might well be enhanced through certain sorts of clarification, concerning both its goals and its processes.

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