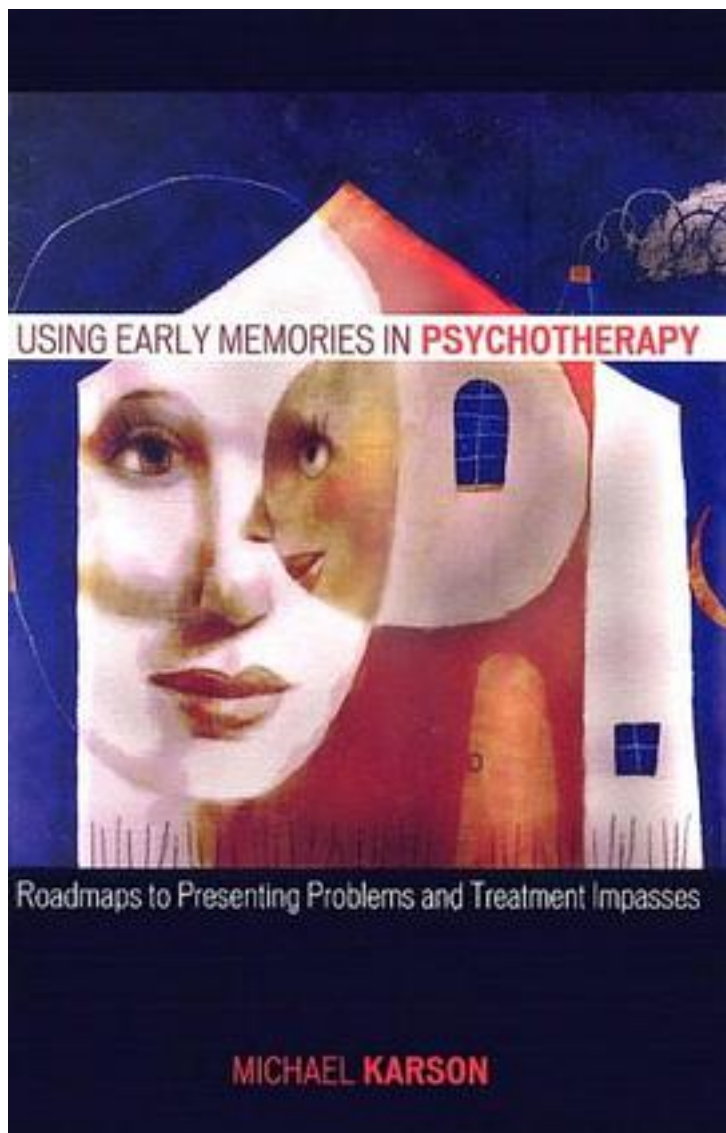


Using Early Memories in Psychotherapy



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Certain intrinsic features of early memories make them analogous to life problems and to the therapy relationship: childhood tends to imply situations that are confusing, disempowered, or impulsive, and relationships that are parental, intimate, or defining. When early memories are examined, the results can be personally meaningful to the individual and relevant to the presenting problem and to the therapy. This book recommends strategies for using early memories to enhance the working alliance, to make psychological sense of presenting problems, and to resolve treatment impasses.

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