



The How-To Book for Students of Psychoanalysis and Psychotherapy

Sheldon Bach

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This is a book that grew out of the many practical "how-to" questions that the author's psychotherapy students have asked him over the years. It is neither an evidence-based compendium nor an attempt to summarize general practice or the viewpoints of others, but rather a handbook of practical answers to many of the questions that may puzzle students of psychotherapy and psychoanalysis. Some of the short chapters include: How to choose a personal psychoanalyst How to do an initial interview How to listen to a patient How to recognize and understand self-states, multiple identities, true and false selves, etc. How to tell what the transference is How to deal with the sadomasochistic transference How to understand the need for recognition How to think about analytic process How to practice holistic healing How to refer a patient for medication How to get paid for your work How to manage vacations, weekends, illnesses, no-shows and other disturbances of continuity While trying to give simple answers to sometimes very difficult questions, it is written at a level of sophistication that may make it of interest even to experienced practitioners.

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