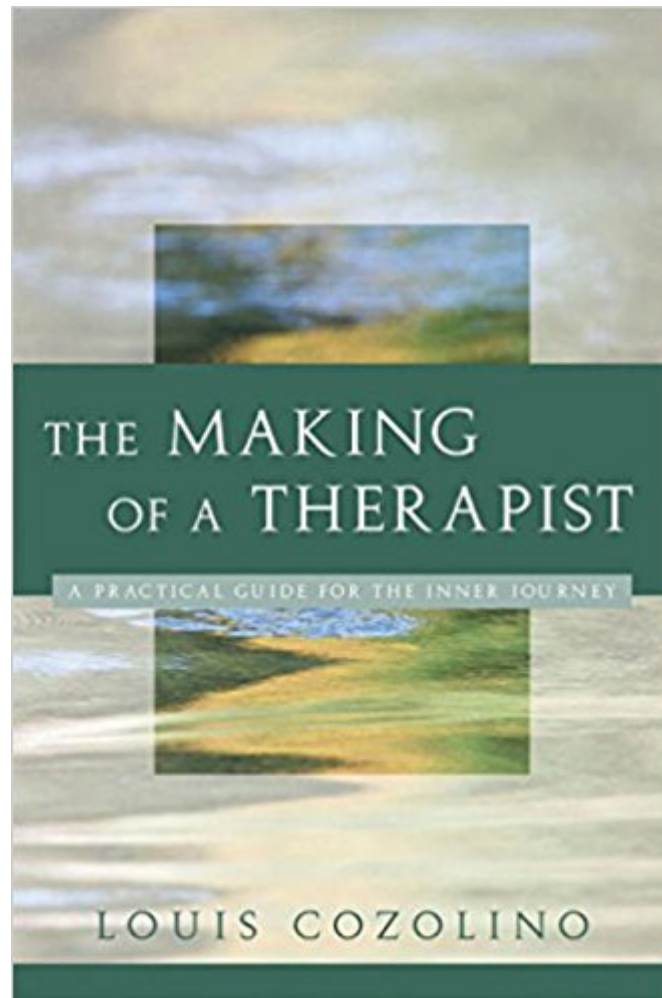




**Ebook Directory**  
the best source of ebook

The book was found

# The Making Of A Therapist (Norton Professional Books)



## Synopsis

Lessons from the personal experience and reflections of a therapist. The difficulty and cost of training psychotherapists properly is well known. It is far easier to provide a series of classes while ignoring the more challenging personal components of training. Despite the fact that the therapist's self-insight, emotional maturity, and calm centeredness are critical for successful psychotherapy, rote knowledge and technical skills are the focus of most training programs. As a result, the therapist's personal growth is either marginalized or ignored. *The Making of a Therapist* counters this trend by offering graduate students and beginning therapists a personal account of this important inner journey. Cozolino provides a unique look inside the mind and heart of an experienced therapist. Readers will find an exciting and privileged window into the experience of the therapist who, like themselves, is just starting out. In addition, *The Making of a Therapist* contains the practical advice, common-sense wisdom, and self-disclosure that practicing professionals have found to be the most helpful during their own training. The first part of the book, 'Getting Through Your First Sessions,' takes readers through the often-perilous days and weeks of conducting initial sessions with real clients. Cozolino addresses such basic concerns as: Do I need to be completely healthy myself before I can help others? What do I do if someone comes to me with an issue or problem I can't handle? What should I do if I have trouble listening to my clients? What if a client scares me? The second section of the book, 'Getting to Know Your Clients,' delves into the routine of therapy and the subsequent stages in which you continue to work with clients and help them. In this context, Cozolino presents the notion of the 'good enough' therapist, one who can surrender to his or her own imperfections while still guiding the therapeutic relationship to a positive outcome. The final section, 'Getting to Know Yourself,' goes to the core of the therapist's relation to him- or herself, addressing such issues as: How to turn your weaknesses into strengths, and how to deal with the complicated issues of pathological caretaking, countertransference, and self-care. Both an excellent introduction to the field as well as a valuable refresher for the experienced clinician, *The Making of a Therapist* offers readers the tools and insight that make the journey of becoming a therapist a rich and rewarding experience.

## Book Information

Series: Norton Professional Books

Hardcover: 240 pages

Publisher: W. W. Norton & Company (July 17, 2004)

Language: English

ISBN-10: 0393704246

ISBN-13: 978-0393704242

Product Dimensions: 5.8 x 1 x 8.6 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 52 customer reviews

Best Sellers Rank: #21,383 in Books (See Top 100 in Books) #35 in Books > Medical Books > Psychology > Education & Training #66 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry #72 in Books > Medical Books > Psychology > Psychotherapy, TA & NLP

## Customer Reviews

“This is clearly a book written by an expert therapist [F]ull of practical advice, common-sense wisdom and self-disclosure. His advice to and support for beginning therapists is not only compassionate but also inspiring. [E]xtremely readable and the cases so interesting that it could be read also by non-specialists, by anybody who is interested in human nature and human relationships. Highly recommended for psychologists as well as for educators.” - E-Streams  
“The clear writing style makes it easy to read and sensitively approaches a variety of subject areas. . . . A must buy for those in training and also for lecturers.” - Journal of Critical Psychology, Counselling and Psychotherapy

Louis Cozolino, PhD, is a professor of psychology at Pepperdine University and a private practitioner. He is the author of *The Healthy Aging Brain*, *The Neuroscience of Human Relationships*, *The Neuroscience of Psychotherapy*, and *The Making of a Therapist*. He lives in Los Angeles, California.

Excellent book. The author address real issues counselors may experience. He and discuss those issues in away that keeps the reader engaged. A great book for beginning counselors.

Fantastic....a must for graduate students! I am at the end of my Master's degree in Counseling and found this book the perfect read at this time. The author shares decades of wisdom in a humble and yet authoritative manner.

A great book for anyone from student to professional therapist. It's an easy read with helpful tips

and stories from the author's experiences. I've already recommended it to someone.

Good read for beginning and intermediate therapists. Eases some anxieties about expectations of being a therapist.

A warm, humble, insightful and easy read. Prof. Cozolino aims well.

I liked the authenticity of the author. This book increased my self-compassion as a therapist. I highly recommend this book to those in the healing profession.

A reader-friendly, simply-worded yet an important book for interns and new therapists. I recommend it, along with "The Gift of Therapy" by amazing Irvin Yalom.

It's refreshing to read work that gives an intimate glimpse into the world of an experienced therapist. It is obvious that the author cares deeply about the craft of psychotherapy and the private world of the therapist. After all, it's about relationships. And the more light we can shine on the path of self discovery the easier the journey. R. Williams, coauthor of The Mindfulness Workbook for Addiction.

[Download to continue reading...](#)

Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days The Making of a Therapist (Norton Professional Books) Neurobiology for Clinical Social Work: Theory and Practice (Norton Series on Interpersonal Neurobiology) (Norton Professional Books) Dreeben-Irimia's Introduction To Physical Therapist Practice For Physical Therapist Assistants The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology (Norton Series on Interpersonal Neurobiology) The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration (Norton Series on Interpersonal Neurobiology) READING ORDER: TAMI HOAG: BOOKS LIST OF THE BITTER SEASON, KOVAC/LISKA BOOKS, HENNESSY BOOKS, QUAID HORSES, DOUCET BOOKS, DEER LAKE BOOKS, ELENA ESTES BOOKS, OAK KNOLL BOOKS BY TAMI HOAG The Norton Recordings: Four CDs to

accompany The Norton Scores & The Enjoyment of Music, Tenth Shorter Edition Writing on the Job: A Norton Pocket Guide (Updated Edition) (Norton Pocket Guides) CPT 2016 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Current Procedural Terminology (CPT) Professional) Step-by-Step Medical Coding 2017 Edition - Text, Workbook, 2017 ICD-10-CM for Physicians Professional Edition, 2017 HCPCS Professional Edition and AMA 2017 CPT Professional Edition Package, 1e CPT 2013 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Current Procedural Terminology (CPT) Professional) 2016 ICD-10-CM Physician Professional Edition (Spiral bound), 2016 HCPCS Professional Edition and AMA 2016 CPT Professional Edition Package, 1e CPT 2014 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Cpt / Current Procedural Terminology (Professional Edition)) CPT 2010 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Current Procedural Terminology (CPT) Professional) Fabrics: A Guide for Interior Designers and Architects (Norton Professional Books for Architects & Designers) Biting the Hand that Starves You: Inspiring Resistance to Anorexia/Bulimia (Norton Professional Books) The Trauma Treatment Handbook: Protocols Across the Spectrum (Norton Professional Books (Hardcover))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)