

Love 's ***Executioner***

Love's Executioner offers us the humane and extraordinary insight of renowned psychiatrist Irvin D. Yalom into the lives of ten of his patients - and through them into the minds of us all Why was Saul tormented by three unopened letters from Stockholm? What made Thelma spend her whole life raking over a long-past love affair? How did Carlos's macho fantasies help him deal with terminal cancer? In this

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engrossing book, Irvin Yalom gives detailed and deeply affecting accounts of his work with these and seven other patients. Deep down, all of them were suffering from the basic human anxieties - isolation, fear of death or freedom, a sense of the meaninglessness of life - that none of us can escape completely. And yet, as the case histories make touchingly clear, it is only by facing such anxieties head on that we can hope to come to terms with them and develop. Throughout, Dr Yalom remains refreshingly frank

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about his own errors and prejudices; his book provides a rare glimpse into the consulting room of a master therapist. Reviews: 'Dr Yalom demonstrates once again that in the right hands, the stuff of therapy has the interest of the richest and most inventive fiction' Eva Hoffman, New York Times 'These remarkably moving and instructive tales of the psychiatric encounter bring the reader into novel territories of the mind - and the landscape is truly unforgettable' Maggie Scarf 'Love's Executioner is one of

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those rare books that suggests both the mystery and the poetry of the psychotherapeutic process. The best therapists are at least partly poets. With this riveting and beautifully written book, Irvin Yalom has joined their ranks' Erica Jong 'Inspired ... He writes with the narrative wit of O. Henry and the earthy humor of Isaac Bashevis Singer' San Francisco Chronicle 'These stories are wonderful. They make us realize that within every human being lie the pain and the beauty that make life worthwhile' Bernie S.

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Siegel 'This is an impressive transformation of clinical experience into literature. Dr Yalom's case histories are more gripping than 98 percent of the fiction published today, and he has gone to amazing lengths of honesty to depict himself as a realistic flesh-and-blood character: funny, flawed, perverse, and, above all, understanding' Phillip Lopate 'I loved Love's Executioner. Dr Yalom has learned something that fiction writers learned years ago - that people's mistakes are a lot more interesting than their

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triumphs' Joanne Greenberg
About the author: Irvin D. Yalom is Professor Emeritus of Psychiatry at the Stanford University School of Medicine. As well as an award-winning psychiatrist and psychotherapist, he is an extremely prolific author. His many other works include The Gift of Therapy, Staring at the Sun, When Nietzsche Wept, The Theory and Practice of Group Psychiatry, The Schopenhauer Cure, Lying on the Couch, Momma and the Meaning of Life, Existential Psychotherapy, I'm Calling

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the Police, Inpatient Group Psychotherapy, Every Day Gets a Little Closer and The Spinoza Problem.

"Mental health professionals provide better care to their clients when they care for themselves. This highly practical guide--now revised and expanded with even more self-care strategies--has helped thousands of busy psychotherapists balance their personal and professional lives. The book presents 13 research-informed self-care strategies and offers concrete methods for integrating them into daily

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life. Featuring examples and insights from master therapists, every chapter concludes with a self-care checklist. Infused with a positive message of self-renewal and growth, the book shows clinicians how to leave distress at the office and tend actively to their physical, emotional, and spiritual needs. Key Words/Subject Areas: psychotherapy, psychotherapists, clinicians, self-care strategies, self-care checklists, professional development, personal development, healthy boundaries, burnout

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prevention, stress management, supervision, supervisory relationships, resilience, resilient, vicarious traumatization, compassion fatigue, countertransference

Audience: Clinical

psychologists, psychiatrists, clinical social workers, counselors, and psychiatric nurses; graduate students and trainees in these fields"--

From the internationally bestselling author of *Love's Executioner* and *When Nietzsche Wept*, comes a novel of group therapy with a cast of memorably wounded characters struggling to heal

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pain and change lives
Suddenly confronted with his own mortality after a routine checkup, eminent psychotherapist Julius Hertzfeld is forced to reexamine his life and work -- and seeks out Philip Slate, a sex addict whom he failed to help some twenty years earlier. Yet Philip claims to be cured -- miraculously transformed by the pessimistic teachings of German philosopher Arthur Schopenhauer -- and is, himself, a philosophical counselor in training. Philip's dour, misanthropic stance

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compels Julius to invite Philip to join his intensive therapy group in exchange for tutoring on Schopenhauer. But with mere months left, life may be far too short to help Philip or to compete with him for the hearts and minds of the group members. And then again, it might be just long enough.

From one of the most celebrated and highly respected authorities in the field of psychotherapy comes a collection of his best works. In this anthology of Yalom's most influential work to date, readers experience the

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diversity of his writings, with pieces that range from the highly concrete and clinical to the abstract and theoretical.

Every Day Gets a Little Closer

Irvin D. Yalom and the Literature of Psychotherapy
The Last Station

Creatures of a Day
And Other Unsettling Revelations

When Nietzsche Wept

In this book a psychotherapist describes ten cases which include that of Thelma, an elderly woman possessed by a past love-affair; Carlos, a middle-aged man compulsively

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lustful in the face of fatal cancer; and Betty, whose obesity threatens to engulf both herself and the psychiatrist. The work provides an insight into a therapist at work. Dr Yalom confronts not only his own feelings and errors, but the uncertainty at the very heart of the therapeutic encounter. He describes the way he breaks through that uncertainty to a patient's ultimate truth. Only by recognizing the stark facts of human existence, he suggests, can any of us live in full awareness of ourselves as mortal creatures.

Discover an empowering new

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way of understanding your multifaceted mind—and healing the many parts that make you who you are. Is there just one “you”? We’ve been taught to believe we have a single identity, and to feel fear or shame when we can’t control the inner voices that don’t match the ideal of who we think we should be. Yet Dr. Richard Schwartz’s research now challenges this “mono-mind” theory. “All of us are born with many sub-minds—or parts,” says Dr. Schwartz. “These parts are not imaginary or symbolic. They are individuals who exist as an internal family within us—and

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the key to health and happiness is to honor, understand, and love every part." Dr. Schwartz's Internal Family Systems (IFS) model has been transforming psychology for decades. With *No Bad Parts*, you'll learn why IFS has been so effective in areas such as trauma recovery, addiction therapy, and depression treatment—and how this new understanding of consciousness has the potential to radically change our lives. Here you'll explore: □
The IFS revolution—how honoring and communicating with our parts changes our approach to mental wellness □

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Overturning the cultural, scientific, and spiritual assumptions that reinforce an outdated mono-mind model □ The ego, the inner critic, the saboteur—making these often-maligned parts into powerful allies □ Burdens—why our parts become distorted and stuck in childhood traumas and cultural beliefs □ How IFS demonstrates human goodness by revealing that there are no bad parts □ The Self—discover your wise, compassionate essence of goodness that is the source of healing and harmony □ Exercises for mapping your parts, accessing the Self, working with a challenging

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protector, identifying each part's triggers, and more IFS is a paradigm-changing model because it gives us a powerful approach for healing ourselves, our culture, and our planet. As Dr. Schwartz teaches, "Our parts can sometimes be disruptive or harmful, but once they're unburdened, they return to their essential goodness. When we learn to love all our parts, we can learn to love all people—and that will contribute to healing the world."

The many thousands of readers of the best-selling Love's Executioner will welcome this paperback

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edition of an earlier work by Dr. Irvin Yalom, written with Ginny Elkin, a pseudonymous patient whom he treated -- the first book to share the dual reflections of psychiatrist and patient. Ginny Elkin was a troubled young and talented writer whom the psychiatric world had labeled as "schizoid." After trying a variety of therapies, she entered into private treatment with Dr. Irvin Yalom at Stanford University. As part of their work together, they agreed to write separate journals of each of their sessions. Every Day Gets a Little Closer is the product of that arrangement, in

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which they alternately relate their descriptions and feelings about their therapeutic relationship.

Please note: This is a companion version & not the original book. Sample Book Insights: #1 Thelma was in love with her therapist, and she told me so in the first session. She handed me two old photos of a young beautiful dancer and a 60-year-old stolid woman. Thelma had not tended to her appearance in years. #2 I had difficulty imagining the shabby old woman having an affair with her therapist, but I kept my opinions to myself. Thelma

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raved about her therapist, Matthew, for several minutes. She said he had so much caring and loving. #3 Thelma met with Matthew for coffee one afternoon in San Francisco. They had met in weekly segments of precisely fifty minutes, no more, no less. But that evening, they slipped outside everyday reality and pretended that there was nothing unusual about talking personally or sharing coffee or dinner. #4 Thelma was in love with a man named Matthew, who she met in San Francisco. She was devastated when he suddenly cut off all contact with her. She became

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obsessed with why. Why would he not see her or even speak to her on the phone.

Becoming Myself

A Matter of Death and Life

And Other Tales of

Psychotherapy

A Shining Affliction

Love's Executioner

Explores Yalom's profound contributions to psychotherapy and literature. A distinguished psychiatrist and psychotherapist, Irvin D. Yalom is also the United States' most well-known author of psychotherapy tales. His first volume of essays, *Love's Executioner*, became an immediate

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best seller, and his first novel, *When Nietzsche Wept*, continues to enjoy critical and popular success. Yalom has created a subgenre of literature, the "therapy story," where the therapist learns as much as, if not more than, the patient; where therapy never proceeds as expected; and where the therapist's apparent failure proves ultimately to be a success. *Writing the Talking Cure* is the first book to explore all of Yalom's major writings. Taking an interdisciplinary approach, Jeffrey Berman comments on Yalom's profound contributions to psychotherapy and literature and emphasizes the recurrent ideas that unify his writings: the importance

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of the therapeutic relationship, therapist transparency, here-and-now therapy, the prevalence of death anxiety, reciprocal healing, and the idea of the wounded healer. Throughout, Berman discusses what Yalom can teach therapists in particular and the common (and uncommon) reader in general. "As a psychiatrist who has benefitted enormously not only from Yalom's writings but also from his mentorship, I admire Berman's relationship to his subject. They both write lucidly and imaginatively, inviting the reader to accompany them on a personal journey that is intriguing but intellectually rigorous. Reading

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this book helps me to better understand Yalom's dual roles—as brilliant psychotherapist/teacher and compelling novelist. Berman's book-by-book examination of Yalom's work illustrates how good therapy involves facing reality, and good fiction involves making stories come alive by resonating with the hard truths of life. He is the perfect guide to Yalom, capturing his wisdom and creativity with respect and clarity." — David Spiegel, author of *Living Beyond Limits: New Hope and Help for Facing Life-Threatening Illness* "This is a convincing celebration of and commentary on one of the most prominent psychotherapists of the

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last century. For anyone interested in the popularization of an idiosyncratic form of existential psychotherapy for individuals and groups, this will be an important book." — Murray Schwartz, Emerson College "In this richly textured book, Berman takes us backstage in a warm and skillful exploration of Irvin Yalom's unmatched contributions as a psychotherapist, author, and educator. We are provided a transparent view of how human healing emerges from our talking, writing, and reading. Berman reminds us eloquently that psychotherapy is, at its essence, the process of human connection and

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the joint attribution of meaning to experience." — Modyn Leszcz, The University of Toronto

In a book for front-line clinicians, Irvin Yalom turns to the inpatient psychiatric setting and offers new ways of conceptualizing the techniques of group therapy for use on acute wards. While some group therapy occurs in all psychiatric hospitals, it is rarely handled systematically and is not properly supported by the psychiatric leadership. Arguing from his own research results and from his years of experience, Yalom makes a strong case for the importance and efficacy of group therapy on all acute wards. "An eminently

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practical guide to what works".--Marc Hertzman, Dir., George Washington Univ. Medical Center. Notes, Appendix and Index. A year-long journey by the renowned psychiatrist and his writer wife after her terminal diagnosis, as they reflect on how to love and live without regret. Internationally acclaimed psychiatrist and author Irvin Yalom devoted his career to counseling those suffering from anxiety and grief. But never had he faced the need to counsel himself until his wife, esteemed feminist author Marilyn Yalom, was diagnosed with cancer. In *A Matter of Death and Life*, Marilyn and Irv

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share how they took on profound new struggles: Marilyn to die a good death, Irv to live on without her. In alternating accounts of their last months together and Irv's first months alone, they offer us a rare window into facing mortality and coping with the loss of one's beloved. The Yaloms had numerous blessings—a loving family, a Palo Alto home under a magnificent valley oak, a large circle of friends, avid readers around the world, and a long, fulfilling marriage—but they faced death as we all do. With the wisdom of those who have thought deeply, and the familiar warmth of teenage sweethearts who've grown up together, they investigate

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universal questions of intimacy, love, and grief. Informed by two lifetimes of experience, *A Matter of Death and Life* is an openhearted offering to anyone seeking support, solace, and a meaningful life.

Why was Saul tormented by three unopened letters from Stockholm? What made Thelma spend her whole life raking over a long-past love affair? How did Carlos' macho fantasies help him deal with terminal cancer? In *Love's Executioner* psychotherapist Irvin Yalom gives detailed and deeply affecting accounts of his work with these and seven other patients. Their case histories lay bare human anxieties - isolation, fear of

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death or freedom, a sense of the meaninglessness of life - that few of us escape completely, and show how we can all come to terms with such fears. Throughout, Dr Yalom remains refreshingly frank about his own errors and prejudices; his book provides a rare glimpse into the consulting room of a master therapist. 'The best therapists are at least partly poets. With this riveting and beautifully written book, Yalom has joined their ranks.'

Erica Jong 'Dr Yalom offers a valuable insight into the delicate process of therapy.' Sunday Telegraph 'These remarkably moving and instructive tales of the psychiatric encounter bring the

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reader into novel territories of the mind - and the landscape is truly unforgettable.' Maggie Scarf 'Irvin Yalom writes like an angel about the devils that besiege us.' Rollo May 'Dr Yalom is unusually honest, both with his patients and about himself.' Anthony Storr
Inside Therapy

Writing the Talking Cure
Existential Psychotherapy
Attachment Theory in Practice
The Schopenhauer Cure
Love's Executioner and Other
Tales of Psychotherapy

This collection of ten absorbing tales by master psychotherapist Irvin D. Yalom uncovers the mysteries, frustrations, pathos, and humor at the

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heart of the therapeutic encounter. First published in 1989, this New York Times bestselling collection of ten tales has become a classic. Yalom not only gives us a rare and enthralling glimpse into his patients' personal desires and motivations, but also tells his own story as he struggles to reconcile his all-too-human response with his sensibility as a psychiatrist. Now with a new afterword, Love's Executioner promises to inspire generations of readers to come.

"Something heavy is going on ... the past is erupting ... my two lives, night and day, are joining. I need to talk." Irv Yalom's old medical school friend was making a plea for help. In their fifty years of friendship, Bob Berger had never divulged his nocturnal terrors to

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his close comrade. Now, finally, he found himself forced to. In *I'm Calling the Police*, Berger recounts to Yalom the anguish of a war-torn past: By pretending he was a Christian, Berger survived the Holocaust. But after a life defined by expiation and repression, a dangerous encounter has jarred loose the painful memory of those years. Together, they interpret the fragments of the horrific past that haunt his dreams. *I'm Calling the Police* is a powerful exploration of Yalom's most vital themes--memory, fear, love, and healing--and a glimpse into the life of the man himself. Lessons from the personal experience and reflections of a therapist. The difficulty and cost of training psychotherapists properly is well

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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

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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

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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

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insight that make the journey of becoming a therapist a rich and rewarding experience.

NOW A MAJOR MOTION PICTURE
Starring Helen Mirren, Christopher Plummer, & James McAvoy In 1910, Count Leo Tolstoy, the most famous writer in the world, is caught in the struggle between his devoted wife and an equally devoted acolyte over the master's legacy. Sofya Andreyevna fears that she and the children she has borne Tolstoy will lose all to Vladimir Chertkov and the Tolstoyan movement, which preaches the ideals of poverty, chastity, and pacifism. As Tolstoy seeks peace in his final days, Valentin Bulgakov is hired to be his secretary and enlisted as a spy by both camps. But Valentin's loyalty is to the great

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man, who in turn recognizes in the young idealist his own youthful struggle with worldly passions. Deftly moving among a colorful cast of characters, drawing on the writings of the people on whom they are based, Jay Parini has created a stunning portrait of an enduring genius and a deeply affecting novel.

Overcoming the Terror of Death

Tales of Psychotherapy

& Other Tales of Psychotherapy

Lying On The Couch

The Zen of Helping

Love's Executioner and Other Tales of Psychotherapy

The definitive account of existential psychotherapy. First published in 1980, Existential Psychotherapy is widely

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considered to be the foundational text in its field—the first to offer a methodology for helping patients to develop more adaptive responses to life's core existential dilemmas. In this seminal work, American psychiatrist Irvin Yalom finds the essence of existential psychotherapy and gives it a coherent structure, synthesizing its historical background, core tenets, and usefulness to the practice. Organized around what Yalom identifies as the four "ultimate concerns of life"—death, freedom, isolation, and meaninglessness—the book takes up the meaning of each

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existential concern and the type of conflict that springs from our confrontation with each. He shows how these concerns are manifest in personality and psychopathology, and how treatment can be helped by our knowledge of them. Drawing from clinical experience, empirical research, philosophy, and great literature, Yalom provides an intellectual home base for those psychotherapists who have sensed the incompatibility of orthodox theories with their own clinical experience, and opens new doors for empirical research. The fundamental concerns of therapy and the central issues of

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human existence are woven together here as never before, with intellectual and clinical results that have surprised and enlightened generations of readers.

A scintillating collection of writings on the mysterious, controversial, and intimate process of psychotherapy. Everyone with an interest in the art and science of psychotherapy - practitioners, patients, students, and avid readers of Freud, Jung, et al-will find this lively anthology an engrossing read. A varied mix of essays, book chapters, case histories, and compelling fiction written by veterans of both sides

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*of "the couch" and representing many schools of thought, Inside Therapy includes: Janet Malcolm's The Impossible Profession * Mark Epstein's Thoughts Without a Thinker * Eric Fromm's The Art of Listening * A. M. Homes's In a Country of Mothers * Theodore Reik's The Third Ear * and others. The foreword by Irvin D. Yalom, author of Love's Executioner, offers additional wisdom, humor, and perspective. At a time when managed care threatens the psychoanalytic tradition, this dramatic, inspiring collection reminds us of the healing power of insight and the unique gifts of*

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the patient-therapist relationship. Contains eight case-studies of people the author has treated, including a woman of 67, obsessively pining with love for her 32-year-old previous therapist and a woman of 19 stone who has emotional difficulties because of her weight problem. This title includes stories that reveal the diversity of human motivation.

Love's Executioner & Other Tales of Psychotherapy
Basic Books
The Yalom Reader
A Novel Of Obsession
Selections from the Work of a Master Therapist and Storyteller
My Experiences as an

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Executioner

*An Open Letter to a New
Generation of Therapists and
Their Patients*

No Bad Parts

Now significantly revised with over 70% new material, this is the authoritative presentation of Internal Family Systems (IFS) therapy, which is taught and practiced around the world. IFS reveals how the subpersonalities or "parts" of each individual's psyche relate to each other like members of a family, and how--just as in a family--polarization among parts can lead to emotional suffering. IFS originator Richard Schwartz and master clinician Martha Sweezy explain core concepts and provide

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practical guidelines for implementing IFS with clients who are struggling with trauma, anxiety, depression, eating disorders, addiction, and other behavioral problems. They also address strategies for treating families and couples. IFS therapy is listed in SAMHSA's National Registry of Evidence-Based Programs and Practices. New to This Edition

*Extensively revised to reflect 25 years of conceptual refinement, expansion of IFS techniques, and a growing evidence base. *Chapters on the Self, the body and physical illness, the role of the therapist, specific clinical strategies, and couple therapy. *Enhanced clinical utility, with significantly more "how-

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to" details, case examples, and sample dialogues. *Quick-reference boxes summarizing key points, and end-of-chapter summaries.

Acclaimed author and renowned psychiatrist Irvin D. Yalom distills thirty-five years of psychotherapy wisdom into one brilliant volume. The culmination of master psychiatrist Dr. Irvin D. Yalom ' s more than thirty-five years in clinical practice, *The Gift of Therapy* is a remarkable and essential guidebook that illustrates through real case studies how patients and therapists alike can get the most out of therapy. The bestselling author of *Love ' s Executioner* shares his uniquely fresh approach and the valuable insights he has

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gained—presented as eighty-five personal and provocative “tips for beginner therapists,” including: •Let the patient matter to you •Acknowledge your errors •Create a new therapy for each patient •Do home visits •(Almost) never make decisions for the patient •Freud was not always wrong A book aimed at enriching the therapeutic process for a new generation of patients and counselors, Yalom ’ s Gift of Therapy is an entertaining, informative, and insightful read for anyone with an interest in the subject.

In nineteenth-century Vienna, a drama of love, fate, and will is played out amid the intellectual ferment that defined the era. Josef

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Breuer, one of the founding fathers of psychoanalysis, is at the height of his career. Friedrich Nietzsche, Europe's greatest philosopher, is on the brink of suicidal despair, unable to find a cure for the headaches and other ailments that plague him. When he agrees to treat Nietzsche with his experimental "talking cure," Breuer never expects that he too will find solace in their sessions. Only through facing his own inner demons can the gifted healer begin to help his patient. In *When Nietzsche Wept*, Irvin Yalom blends fact and fiction, atmosphere and suspense, to unfold an unforgettable story about the redemptive power of friendship.

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Bestselling writer and psychotherapist Irvin D. Yalom puts himself on the couch in a lapidary memoir. Irvin D. Yalom has made a career of investigating the lives of others. In this profound memoir, he turns his writing and his therapeutic eye on himself. He opens his story with a nightmare: He is twelve, and is riding his bike past the home of an acne-scarred girl. Like every morning, he calls out, hoping to befriend her, "Hello Measles!" But in his dream, the girl's father makes Yalom understand that his daily greeting had hurt her. For Yalom, this was the birth of empathy; he would not forget the lesson. As *Becoming Myself* unfolds, we see the birth of the insightful thinker

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whose books have been a beacon to so many. This is not simply a man's life story, Yalom's reflections on his life and development are an invitation for us to reflect on the origins of our own selves and the meanings of our lives.

Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families

The Making of a Therapist

The Art of Gestalt Therapy

Internal Family Systems Therapy, Second Edition

A Psychiatrist's Memoir

Tales From Psychotherapy

"Soars into sublime meditation...what makes this book so extraordinary is her willingness to reveal exactly what goes on in the sometimes mysterious encounter between

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therapist and patient."—The Los Angeles Times. A moving account of a true-life double healing through psychotherapy. In this brave, iconoclastic, and utterly unique book, psychotherapist Annie Rogers chronicles her remarkable bond with Ben, a severely disturbed five-year-old. Orphaned, fostered, neglected, and forgotten in a household fire, Ben finally begins to respond to Annie in their intricate and revealing platy therapy. But as Ben begins to explore the trauma of his past, Annie finds herself being drawn downward into her own mental anguish. Catastrophically failed by her own therapist, she is hospitalized with a breakdown that renders her unable to speak. Then she and her gifted new analyst must uncover where her story of childhood terror overlaps with Ben's, and learn how she can complete her work with the child by creating a new story from the old—one that ultimately heals them both.

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Drawing on cutting-edge research on adult attachment--and providing an innovative roadmap for clinical practice--Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

The time is ripe, more than fifty years after the publication of the magnum opus by

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Perls, Hefferline & Goodman, to publish a book on the topic of creativity in Gestalt therapy. The idea for this book was conceived in March 2001, on the island of Sicily, at the very first European Conference of Gestalt Therapy Writers of the European Association [or Gestalt Therapy. Our starting point was an article on art and creativity in Gestalt therapy, which was presented there by one of the editors, and illuminated by a vision, held by the other editor, of bringing together colleagues from around the world to contribute to a qualified volume on the subject of creativity within the realm of Gestalt therapy. We wanted to continue the professional discourse internationally and capture the synergetic effects of experienced colleagues' reflections on various aspects of our chosen subject. Moreover, we intended to explore how the theoretical reflection of one's practice can inspire effective interventions and, vice

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versa, how the discussion of practical experiences can shape new theoretical directions. Hence, our aim in this book is to create a forum on the concept of creativity in Gestalt therapy.

The author describes his work as a psychoanalyst over a twenty-five year period, describing his efforts to guide his patients to personal insights into their behaviors and resolutions which can change their lives for the better.

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Leaving It at the Office, Second Edition

The Incurable Romantic

Momma And The Meaning Of Life

How Autism Drives Human Invention

A Story of Harm and Healing in Psychotherapy

'Frank Tallis brings a lifetime's clinical experience and wise

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reflection to a condition that, by its own strange routes, leads us into the very heart of love itself. This is a brilliant, compelling book' Ian McEwan *Love is a great leveller. Everyone wants love, everyone falls in love, everyone loses love, and everyone knows something of love's madness. But the experience of obsessive love is no trivial matter. In the course of his career psychologist Dr Frank Tallis has treated many unusual patients, whose stories have lessons*

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for all of us. A barristers' clerk becomes convinced that her dentist has fallen in love with her and they are destined to be together for eternity; a widow is visited by the ghost of her dead husband; an academic is besotted with his own reflection; a beautiful woman searches jealously for a rival who isn't there; and a night porter is possessed by a lascivious demon. These are just some of the people whom we meet in an extraordinary and original book that explores the

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conditions of longing and desire - true accounts of psychotherapy that take the reader on a journey through the darker realms of the amorous mind.

Drawing on the latest scientific research into the biological and psychological mechanisms underlying romance and emotional attachment, The Incurable Romantic demonstrates that ultimately love dissolves the divide between what we judge to be normal and abnormal.

A groundbreaking argument about the link between

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autism and ingenuity. Why can humans alone invent? In The Pattern Seekers, Cambridge University psychologist Simon Baron-Cohen makes a case that autism is as crucial to our creative and cultural history as the mastery of fire. Indeed, Baron-Cohen argues that autistic people have played a key role in human progress for seventy thousand years, from the first tools to the digital revolution. How? Because the same genes that cause autism enable the pattern seeking that is essential to our

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species's inventiveness. However, these abilities exact a great cost on autistic people, including social and often medical challenges, so Baron-Cohen calls on us to support and celebrate autistic people in both their disabilities and their triumphs. Ultimately, The Pattern Seekers isn't just a new theory of human civilization, but a call to consider anew how society treats those who think differently. Bring compassion, self-awareness, radical acceptance, practitioner

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presence, and caring to the relationships you have with you patients by utilizing the advice in The Zen of Helping: Spiritual Principles for Mindful and Open-Hearted Practice. As a mental health professional, you will appreciate the vivid metaphors, case examples, personal anecdotes, quotes and poems in this book and use them as a spiritual foundation for your professional practice. Connect Zen Buddhism with your human service and address issues like dealing with your own

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responses to your client's trauma and pain.

"All of us are creatures of a day," wrote Marcus Aurelius, "rememberer and remembered alike." In his long-awaited new collection of stories, renowned psychiatrist Irvin D. Yalom describes his patients' struggles—as well as his own—to come to terms with the two great challenges of existence: how to have a meaningful life, and how to reckon with its inevitable end. In these pages, we meet a nurse, angry and adrift in a morass of misery where

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she has lost a son to a world of drugs and crime, and yet who must comfort the more privileged through their own pain; a successful businessman who, in the wake of a suicide, despairs about the gaps and secrets that infect every relationship; a newly minted psychologist whose study of the human condition damages her treasured memories of a lost friend; and a man whose rejection of philosophy forces even Yalom himself into a crisis of confidence. Their names and stories

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will linger long after the book's last page is turned. Like Love's Executioner, which established Yalom's preeminence as a storyteller illuminating the drama of existential therapy, Creatures of a Day is funny, earthy, and often shocking; it is a radically honest statement about the difficulties of human life, but also a celebration of some of the finest fruits—love, family, friendship—that life can bear. We are all creatures of a day. With Yalom as a guide, we can

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find in this book the means not just to make our own day bearable, but meaningful—and perhaps even joyful.

The Examined Life: How We Lose and Find Ourselves Healing Trauma and Restoring Wholeness with the Internal Family Systems Model

The Good Story

Spiritual Principles for Mindful and Open-Hearted Practice

The Pattern Seekers

Summary of Irvin D.

Yalom's Love's Executioner

**Reproduction of the original:
My Experiences as an**

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***Executioner* by James Berry**
J.M. Coetzee's latest novel,
The Schooldays of Jesus, is
now available from Viking.
Late Essays: 2006-2016 will be
available January 2018. J.M.
Coetzee: What relationship do
I have with my life history? Am
I its conscious author, or
should I think of myself as
simply a voice uttering with as
little interference as possible a
stream of words welling up
from my interior? Arabella
Kurtz: One way of thinking
about psychoanalysis is to say
that it is aimed at setting free
the narrative or
autobiographical imagination.
The Good Story is a fascinating

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dialogue about psychotherapy and the art of storytelling between a writer with a long-standing interest in moral psychology and a psychotherapist with training in literary studies. Coetzee and Kurtz consider psychotherapy and its wider social context from different perspectives, but at the heart of both of their approaches is a concern with narrative. Working alone, the writer is in control of the story he or she tells. The therapist, on the other hand, collaborates with the patient in developing an account of the patient's life and identity that is both

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meaningful and true. In a meeting of minds that is illuminating and thought-provoking, the authors discuss both individual psychology and the psychology of the group: the school classroom, gangs and the settler nation, in which the brutal deeds of ancestors are accommodated into a national story. Drawing on great writers like Cervantes and Dostoevsky and psychoanalysts like Freud and Melanie Klein, Coetzee and Kurtz explore the human capacity for self-examination, our wish to tell our own life stories and the resistances we encounter along the way.

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From the bestselling author of Love's Executioner and When Nietzsche Wept comes a provocative exploration of the unusual relationships three therapists form with their patients. Seymour is a therapist of the old school who blurs the boundary of sexual propriety with one of his clients. Marshal, who is haunted by his own obsessive-compulsive behaviors, is troubled by the role money plays in his dealings with his patients. Finally, there is Ernest Lash. Driven by his sincere desire to help and his faith in psychoanalysis, he invents a radically new

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approach to therapy -- a totally open and honest relationship with a patient that threatens to have devastating results. Exposing the many lies that are told on and off the psychoanalyst's couch, Lying on the Couch gives readers a tantalizing, almost illicit, glimpse at what their therapists might really be thinking during their sessions. Fascinating, engrossing and relentlessly intelligent, it ultimately moves readers with a denouement of surprising humanity and redemptive faith. As the public grows disillusioned with therapeutic

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quick fixes, people are looking for a deeper psychotherapeutic experience to make life more meaningful and satisfying. What really happens in therapy? What promises and perils does it hold for them? No one writes about therapy - or indeed the dilemmas of the human condition - with more acuity, style, and heart than Irvin Yalom. Here he combines the storytelling skills so widely praised in Love's Executioner with the wisdom of the compassionate and fully engaged psychotherapist. In these six compelling tales of therapy, Yalom introduces us

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***to an unforgettable cast of characters: Paula, who faces death and stares it down; Magnolia, into whose ample lap Yalom longs to pour his own sorrows; Irene, who learns to seek out anger and plunge into it. And there's Momma, old-fashioned, ill-tempered, who drifts into Yalom's dreams and tramples through his thoughts. At once wildly entertaining and deeply thoughtful, Momma and the Meaning of Life is a work of rare insight and imagination. I'm Calling the Police
A Guide to Psychotherapist Self-Care
A Twice-Told Therapy***

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Executioner

***Exchanges on Truth, Fiction
and Psychotherapy
A Novel***

Staring at the Sun

Presents portraits of the behaviors of individuals with obsessive-compulsive disorder and describes the author's treatment for each patient.

Anyone with a faint curiosity about human nature will be enthralled by these remarkable stories. Based on true experience, or re-worked into fictional short stories, this book takes the reader through a mesmerizing sequence of compelling pieces that reveal the innermost concerns of

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psychotherapy practice. The anthology, written by both psychotherapists and prize winning fiction authors, is a book of surprise, delight, anguish and hope. It draws on one of the most intimate conversations that a human being can achieve-that of the psychoanalytic hour-and gives these encounters a fascinating context in the form of people's lives. Some of these stories give strong evidence for the efficacy of psychotherapy-how by listening to someone's most private desires, remarkable transformations can occur. Others ask the reader to consider the fallibility or vulnerability of the therapist

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and their own concerns and lives. Without exception, the authors have written with courageous openness, revealing the emotional challenge of receiving therapy, or being someone who provides it.

Written in Irv Yalom's inimitable story-telling style, Staring at the Sun is a profoundly encouraging approach to the universal issue of mortality. In this magisterial opus, capping a lifetime of work and personal experience, Dr. Yalom helps us recognize that the fear of death is at the heart of much of our anxiety. Such recognition is often catalyzed by an "awakening

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experience"—a dream, or loss (the death of a loved one, divorce, loss of a job or home), illness, trauma, or aging. Once we confront our own mortality, Dr. Yalom writes, we are inspired to rearrange our priorities, communicate more deeply with those we love, appreciate more keenly the beauty of life, and increase our willingness to take the risks necessary for personal fulfillment.

Compulsive Acts

Inpatient Group

Psychotherapy

Illuminating Writings About

Therapists, Patients, and

Psychotherapy

The Gift of Therapy

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A Psychiatrist's Tales of Ritual and Obsession