



The Therapist's Use of Self

Being the Catalyst for Change in
Couple and Family Therapy

Matthew D. Selekman



The Therapists Use Of Self

Val Wosket



The Therapists Use Of Self:

The Therapist's Use Of Self Rowan, John, Jacobs, Michael, 2002-10-01 This book deals with what is perhaps the central question in therapy who is the therapist And how does that actually come across and manifest itself in the therapeutic relationship A good deal of the thinking about this in psychoanalysis has come under the heading of countertransference Much of the thinking in the humanistic approaches has come under such headings as empathy genuineness nonpossessive warmth presence personhood *The Use of Self in Therapy* Michele Baldwin, 2000 This new edition expands upon the first edition with new research numerous case studies tables figures interviews and diagnostic criteria You will benefit from the current and expanded material that will help you to realize and use the positive impact of self in therapy and give clients improved services BOOK JACKET **Therapist Disclosure** Myron F. Weiner, 1978 **The Person of the Therapist Training Model** Harry J. Aponte, Karni Kissil, 2016-01-08 The Person of the Therapist Training Model presents a model that prepares therapists to make active and purposeful use of who they are personally and professionally in all aspects of the therapeutic process relationship assessment and intervention The authors take a process that seems vague and elusive the self of the therapist work and provide a step by step description of how to conceptualize structure and implement a training program designed to facilitate the creation of effective therapists who are skilled at using their whole selves in their encounters with clients This book looks to make conscious and planned use of a therapist's race gender culture values life experience and in particular personal vulnerabilities and struggles in how he or she relates and works with clients This evidence supported resource is ideal for clinicians supervisors and training programs *The Therapeutic Use of Self* Val Wosket, 1999 This study examines the therapist's contribution to process and outcome in counselling Based on case studies and research findings it presents the counsellor's evaluation as the vehicle for the development and insight into individual characteristics *The Therapist's Use of Self* Matthew D. Selekman, 2023-12-22 This book encourages and trains students and practicing marriage and family therapists to bring themselves into the therapy room offering guidelines and strategies for being more present and personal with their clients Mental health professionals are often taught and trained that therapy is serious business to be cautious and conservative with therapeutic decision making and to stick to empirically supported and specific tools in sessions What gets lost in this positivistic formulaic and scientific way of working are therapists own unique voices their creativity flexibility and the sense of playfulness that make the change process fun and upbeat The Therapist's Use of Self equips therapists with the skills they need to deepen their alliances with clients to liberate themselves from an overreliance on models and to bring their whole selves to the therapeutic encounter Chapters cover pioneers in the field before exploring ways to bring ideas from outside the therapy room including from music art literature and film The book includes a key chapter on teletherapy and each chapter presents major therapeutic tools and strategies case examples the resulting outcomes and key takeaways Students of psychology social work nursing and marriage and family programs as

well as mental health professionals will benefit from this book with a plethora of therapeutic tools guidelines and strategies for catalyzing change with even the most challenging couples and families The Use of Self in Therapy Michele Baldwin,2013-02-11 One of the most powerful factors in therapy is that it involves the intensive relationship between two or more human beings The issues of transparency and self disclosure therefore become important concerns for therapists how can they use themselves effectively in their work without transgressing on professional regulations These issues and concerns are addressed in this new edition of *The Use of Self in Therapy* by experienced therapists who share their own wisdom research and experiences in valuable ways Disregarding methodology or approach the authors demonstrate how to train and develop the self and person of the therapist as a powerful adjunct to successful therapy They enable practitioners to become more effective in helping their clients to realize and regain their own powers of healing and healthy recovery This 3rd edition also examines the impact of increasing professional regulation as well as the impact of the internet and social media on the conduct of therapy Also new to this edition are discussions of how therapists can use themselves in cultures that are less individually oriented This book is a valuable addition to any therapist s library and therapy supervisor s teaching arsenal *The Use of Self in Therapy* Michele Baldwin,2013 The Use of Self in Therapy discusses issues of transparency and self disclosure how can therapists use themselves effectively in their work without transgressing on professional regulations The authors demonstrate how to train and develop the self and person of the therapist as a powerful adjunct to successful therapy and examine the impact of the internet and social media on the conduct of therapy The Therapeutic Use of Self in Counselling and Psychotherapy Linda Finlay,2021-10-13 This book examines the therapeutic use of self and the intertwining of the therapist s professional self and their personal self Combining practical illustrations and case studies with theory and research the book explores a number of questions such as What are our personal values and attitudes and how do these manifest in our work with clients How do we interact with and impact others and in what ways might this help or hinder our therapeutic work What might we represent to the client as a result of our particular social background and how might this impact on the power dynamics within client relationships Learning features include Practical Applications Research boxes Case Examples Critical Reflections Discussion Questions and Further Reading This is a must read for any students studying professional practice counselling process ethics skills working online remotely the therapeutic relationship and more Therapists Use of Self in Family Therapy Daniel Bochner,2000-06-01 To find out more about Rowman Littlefield titles please visit us at [www rowmanlittlefield com](http://www.rowmanlittlefield.com)

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