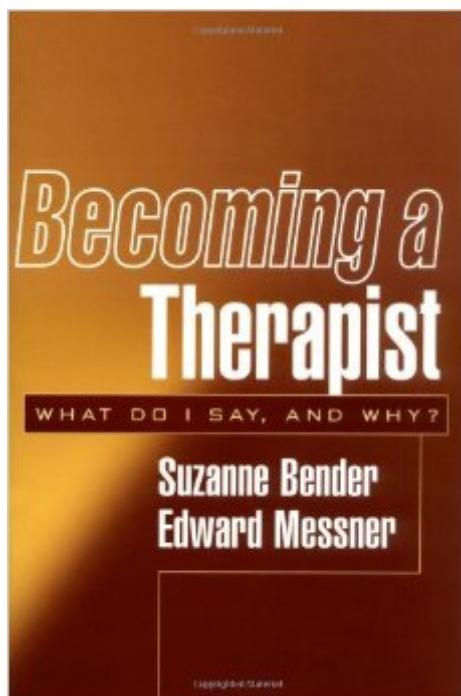


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# Becoming A Therapist: What Do I Say, And Why?



## **Synopsis**

This book provides students and novice clinicians with nuts-and-bolts advice about the process of doing therapy, starting with the first contact with a new patient. Suzanne Bender, at the time a junior clinician, and Edward Messner, a seasoned practitioner and supervisor, provide a unique, combined perspective on how therapy is conducted, what works and what doesn't work in treatment, and how to take care of oneself as a clinician. Organized around the treatment of one fictitious patient, with other case examples brought in as needed, the book speaks directly to the questions, concerns, and insecurities that beginning therapists typically face. Written with candor and empathy, it offers authoritative guidance for understanding and resolving common clinical dilemmas.

## **Book Information**

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## **Customer Reviews**

Another, less elegant title for this book might be, "Everything new therapists want to know, but are afraid to ask." Drs. Bender and Messner have gotten down to the very basics here, in a way which is friendly, yet firm; concrete, but backed by solid psychodynamic theory. They even write about mistakes they have made in their own practices, something which is not commonly done in this genre. This book would have saved me (and my patients) from a lot of stumbling in those early months, and dare I say, years. It is fun to read, to boot!

This thorough, compelling and entertaining book promises to become a classic in its field. The authors take the reader into the complex and fascinating terrain of the psychotherapist's office, and,

better yet, into the therapist's head. The therapist-in-training learns how to talk and listen to patients, deal with problems as they arise, manage his/her own feelings dealing with a patients. This can also be a useful book for patients who want to understand psychotherapy from the other side. Written in clear, authoritative, precise prose, this book is accessible to all, sympathetic to both patients and therapists, and extremely informative. Not only will it be useful to therapists and patients, but would also be of interest to the mass market, especially Oprah! A must-buy for those interested in the therapeutic process.

Becoming a Therapist is the only book I have seen that covers this topic in a clinically relevant and non-intimidating way. It's extremely readable and covers the perfect range of topics from the first phone call to termination. We use this book in an introduction to therapy course for first year psychiatric residents. The book is universally praised by them (and the only book they all buy). I believe that this book is particularly well-suited for the beginning therapist and teachers of beginning therapists. I loved this book and recommend it highly!

This book has been tremendously helpful to me as a clinical social work intern conducting therapy. When I first started working with clients, I felt my classes and foundation year internship had prepared me well to "do" engagement and establish a therapeutic alliance. However, in spite of having studied several interventions, I felt fairly clueless as to how to move from the initial sessions into ongoing therapy. This book was an important part of finding that missing link. I like the examples of dialogues, and particularly the sections on issues such as therapeutic impasses and empathic failures, that help guide my own practice in tricky situations. I recommend reading this book as you are getting your feet wet doing therapy. I am not sure it would have resonated as much with me, or made as much sense to me, if I had read it before starting to practice. In the end, what will make you (and me) a good therapist is, along with key attributes such as empathy and active listening, sitting in that chair hour after hour and doing it. In the beginning, though, books like this one are an invaluable bridge between utter beginner and seasoned professional. I am grateful to have found this book.

I've taught several courses for PhD students learning to do therapy, and there are some sections I think are potentially useful for beginners (e.g. what do I say the first time I call a client?). However, be aware that there is a strong psychodynamic bent to the book, so parts of it may be inappropriate if you are supervising from/learning a different theoretical orientation.

This really helped me when I started my first job, even just as a mental health case manager providing intensive counseling services. It really helps you put into perspective what is most important - not necessarily what you say, but how you say it. There are also important ethical discussions in the book, which is always good. The discussion between both authors (beginner and advanced) is seamless.

Very good book focusing on detailed examples of what to say and why. The format is: Intro, examples (good and bad) regarding how to handle things as a therapist, and then follow up commentary. Easy and clear to read. (I am a new Psych grad student.)

I absolutely LOVE this book! I purchased this to use for my internship this semester in graduate school (I am getting my masters in Clinical Mental Health Counseling). I feel like it gives great options for those new counselors like myself who have no idea what to say at some points in session with clients. It goes through how to conceptualize a case and formulate a treatment plan which is essential to success in therapy. I would HIGHLY recommend this book, even if you are a seasoned clinician, as it can help you with those difficult clients which will inevitably cause stress and anxiety

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