



# A Guide for Beginning Psychotherapists

*Joan S. Zaro, Roland Barach, Deborah Jo Nedelman, Irwin S. Dreiblatt*

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A Guide for Beginning Psychotherapists provides a highly ethical and commonsense approach to the practical difficulties that confront all beginning psychotherapists. Students of clinical social work, clinical psychology, psychiatry, and psychiatric nursing usually receive a strong theoretical education. But how are students to apply their theoretical understanding when they first face a patient? How can beginning psychotherapists resolve the normal anxieties and concerns they experience? How can they develop the techniques and the confidence to counter patient hostility, distrust, or resistance in a constructive manner? The answers to these questions come with experience, but experience is what a beginner does not have. The authors of the Guide seek to provide initial solutions to the most common of these problems by sharing their own professional expertise with the student. The authors have written the Guide for therapists of all theoretical persuasions in all of the applicable disciplines. In addition, it should be useful to physicians, pastoral counselors, and school counselors, who are often the first people outside the client's family to confront psychological problems.

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