



The Beginning Psychotherapist's Companion (Psychological Issues)

Jan, Ph.D. Willer

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Supportive and encouraging, this book addresses psychotherapists' real-world concerns and provides vital information not covered in current textbooks. Through culturally diverse clinical vignettes, the practical foundations of ethical practice are illustrated, including informed consent, confidentiality, documentation and setting appropriate boundaries. Reassuringly, Jan Willer provides guidance and clarity to early therapeutic tasks such as structuring the first session, making clinical observations, and establishing a therapeutic alliance. The trainee is guided on how and when to refer the client for psychotropic medications and for other physical and mental health care. Crisis management is thoroughly addressed, including suicidality, violence and homicide risk (including Tarasoff issues), child abuse, elder abuse, intimate partner violence and rape. Therapeutic implications of newer technology--social networking sites, e-mail and cell phones--are discussed. Finally, the book attends throughout to the emotional needs and professional development of the beginning therapist. Scholarly, yet down-to-earth, this is the ideal resource for early career psychotherapists.

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