



# On Being a Therapist, 4th Edition

By Jeffrey A. Kottler

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## On Being a Therapist, 4th Edition By Jeffrey A. Kottler

An updated revision of Jeffrey Kottler's classic book reveals the new realities and inner experiences of therapeutic practice today

For more than 25 years *On Being a Therapist* has inspired generations of mental health professionals to explore the most private and sacred aspects of their work helping others. In this new edition, he explores many of the challenges that therapists face related to increased technology, surprising research, the Internet, advances in theory and technique, as well as stress in the international and global economy, managed care bureaucracy, patients with anxiety and depression from unemployment, dysfunctional families, poor education, poverty, parenting issues, often court mandated. Consequently, there's a wealth of new information that explores many forbidden subjects that are rarely admitted, much less talked about openly.

- Goes deeper than ever before into the inner world of therapist's hopes and fears
- Written by Jeffrey Kottler the "conscience of the profession" for his willingness to be so honest, authentic, and courageous
- New chapters explore dealing with failures, reluctant patients, how clients change therapists, and more

There is also increased focus on the therapist's role and responsibility to promote issues of social justice, human rights, and systemic changes within the community and world at large.

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## Editorial Review

From the Back Cover

### New from Master Therapist and Best-Selling Author Jeffrey Kottler

For more than twenty-five years, *On Being a Therapist* has inspired generations of mental health professionals to explore the most private and sacred aspects of their work helping others. In this thoroughly revised and updated fourth edition, Jeffrey Kottler explores many of the challenges that therapists face in their practices today, including pressures from increased technology, economic realities, and advances in theory and technique. He also explores the stress factors that are brought on from managed care bureaucracy, conflicts at work, and clients' own anxiety and depression. This new edition puts the spotlight on the therapist's role and responsibility to promote issues of diversity, social justice, human rights, and systemic changes within the community and the world at large.

### *Praise for the Previous Editions*

"This is one of those rare and exciting books that reaches deep into the heart of a profession and discloses not only its day-to-day workings but also the very personal satisfaction, problems, doubts, and joys its practitioners experience." —*Booklist*

"Written in an engaging style and filled with examples from the writings of well-known therapists. It should be required reading for those considering entering the profession." —*Choice*

About the Author

## THE AUTHOR

**Jeffrey A. Kottler** is professor, Department of Counseling, California State University, Fullerton. He is the author or coauthor of more than eighty books, including the *New York Times* best seller *The Last Victim*, *Divine Madness*, *Creative Breakthroughs in Therapy*, and *Changing People's Lives While Transforming Your Own*. He is also head of the Madhav Ghimire Foundation, which provides scholarships for at-risk girls in Nepal.

## Users Review

From reader reviews:

**John Long:**

This *On Being a Therapist*, 4th Edition book is not really ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is definitely information inside this reserve incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. That *On Being a Therapist*, 4th Edition without we recognize teach the one who reading through it become critical in considering and analyzing. Don't possibly be worry *On Being a Therapist*, 4th Edition can bring if you are and not make your bag space or bookshelves' turn out to be full because you can have it inside your lovely laptop even telephone. This *On Being a Therapist*, 4th Edition having fine arrangement in word in addition to layout, so you will not sense uninterested in reading.

**Ethel Davidson:**

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**Bobbi Wilkinson:**

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**Bernice Mignone:**

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