



On Being a Therapist, 4th Edition

Jeffrey A. Kottler

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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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