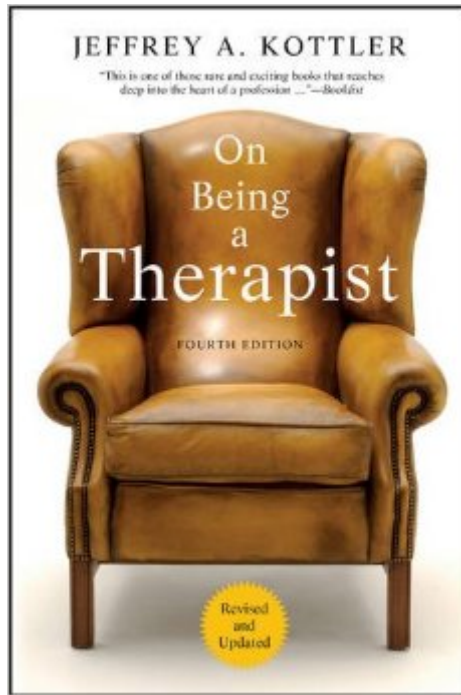


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On Being A Therapist, 4th Edition



Synopsis

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.

Book Information

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Customer Reviews

This book was a required textbook for one of my counseling courses, along with two others. Like most University students, I didn't read this book but rather skimmed it for the necessary information in order to pass. I liked what I had initially read but it sat on my bookshelf while I attended to the

other required course readings. A few weeks ago I was reading an issue of *Psychotherapy Networker*. An article written by Kottler caught my attention and reminded me of the book gathering dust on the shelf. I decided I would make the time to give the book a proper read. And I'm glad I did. This is the fourth edition of the book with the original being released over twenty-five years ago. Kottler writes from the experience of a master therapist, prolific author, professor in the Department of Counseling at California State University, Fullerton, and also as the head of the Madhav Ghimire Foundation, which provides scholarships to girls in Nepal. The latter - his work with at-risk girls in Nepal - was the focus of the article I was reading which drew me back to his book. The most important take-away I gleaned from this book was that counselors are human. Complete with human goals, triumphs, tests, and even fallacies. Kottler begins by addressing the many reasons why therapists enter the field of counseling. What draws a person into this type of profession? He dissects the vulnerabilities, experiences, and struggles therapists face. This is by far, not a book that glamorizes the field of counseling. Kottler brings up cold, hard truths about therapists not practicing what they preach, struggling to maintain a professional identity, and the pressures of being a mentor. How do therapists separate their personal and professional lives?

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