



The Gift of Therapy

Irvin D. Yalom

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THE GIFT OF THERAPY is the culmination of master psychiatrist Dr Irvin Yalom's thirty-five years' work as a therapist, illustrating through real case studies how patients and therapists alike can get the most out of therapy. Presented as eighty-five 'tips' for 'beginner therapists', Yalom shares his own fresh approach and the insights he has gained while treating his patients. Personal, and sometimes provocative, Yalom makes some unorthodox suggestions, including: Let the patient matter to you; Acknowledge your errors; Create a new therapy for each patient; Make home visits; (Almost) never make decisions for a patient; and Freud was not always wrong. This is an entertaining, informative and insightful read for both beginners and more experienced therapists, patients, students and everyone with an interest in the subject.

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