

The book was found

How Does That Make You Feel?: True Confessions From Both Sides Of The Therapy Couch



How Does That Make You Feel?

TRUE CONFESSIONS FROM BOTH SIDES OF THE THERAPY COUCH

EDITED BY Sherry Amatenstein



Synopsis

How Does That Make You Feel? obliterates the boundaries between the shrink and the one being shrunk with unabashedly candid writers breaking confidentiality and telling all about their experiences in therapy. This revelatory, no-punches-pulled book brings to light both sides of the relationship • between therapist and client; a bond that can feel pure and profound, even if it is, at times, illusory. Contributors include an array of essayists, authors, TV/film writers and therapists, including Patti Davis, Beverly Donofrio, Royal Young, Molly Peacock, Susan Shapiro, Charlie Rubin, Estelle Erasmus, and Dennis Palumbo. Full list of contributors: Sherry Amatenstein Laura Bogart Martha Crawford Patti Davis Megan Devine Beverly Donofrio Janice Eidus Estelle Erasmus Juli Fraga Nina Gaby Mindy Greenstein Jenine Holmes Diane Josefowicz Jean Kim Amy Klein Binnie Klein Anna March Allison McCarthy Kurt Nemes Dennis Palumbo Molly Peacock Pamela Rafalow Grossman Charlie Rubin Jonathan Schiff Barbara Schochet Adam Sexton Susan Shapiro Beth Sloan Eve Tate Kate Walter Priscilla Warner Linda Yellin Royal Young Jessica Zucker

Book Information

File Size: 1381 KB

Print Length: 320 pages

Publisher: Seal Press (September 13, 2016)

Publication Date: September 13, 2016

Language: English

ASIN: B01HXM0R96

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #190,593 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #163 in Kindle Store > Kindle eBooks > Biographies & Memoirs > Professionals & Academics > Medical #172 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Psychotherapy, TA & NLP #263 in Kindle Store > Kindle eBooks > Literature & Fiction > Essays & Correspondence > Essays

Customer Reviews

The only reason I put this book down was to either go sleep or to the dentist. Having benefited

greatly from therapy (and some amazing therapists) I was curious about others' experiences on both sides of the couch. This anthology delivered. I had always been a bit bewildered at my therapists' generosity to me and I was even more bewildered at my determination to become untangled from limitations that may have felt familiar but that I knew were not truly mine. Stepping into this collection of well-written and succinct experiences was like walking through a myriad of therapists' offices and catching brief moments of someone attempting to guide or someone attempting to find peace and understanding. The amazing humanity of both parties (good, bad, ugly and divine) emerged in many of the pieces - in particular, "When the Therapist Cries" , "The Tao of Apples" and "I'm Not Supposed to Love You." At the funeral of one of my therapists (his death very much a surprise to me), I told the gathering that therapy is often like prayer. You say something out loud and everything changes. "How Does That Make You Feel"? is indeed a testament to that leap of faith.

As a therapist I found this book to be a breath of fresh air. It was delightful to read such honest accounts of both patients and therapists feelings about their experiences with each other. I believe that it demystifies a field that has long shrouded itself in a cloak of falsehoods. Therapists are people and do have feelings. I adored the first essay by Beth Sloan PhD, her honesty and candor was refreshing and quite brave. In a field shadowed by snobbery and archaic rules, all I can say is bravo, and it is about time. Hurrah Ms Amatenstein.

It is rare to read a collection of essays that is so consistently strong throughout. Every essay in this book is compelling, masterfully written, and courageous in revealing true accounts of what sometimes goes on between - and comes up for - both therapists and patients. Whether trying to find a new shrink when the old one is not replaceable, telling lies in every session, trying to set sexual and other boundaries, or therapists feeling losses while listening to losses felt by patients, readers will be brought into these private, engaging slices of life. A wide range of deep emotion, humor, and always profound insight.

This book was a fascinating read! It examined a wide range of reasons people seek therapy and gave an insider's view of how therapy can help--or not. I recommend it for readers seeking true-life stories as well as anyone considering therapy.

[Download to continue reading...](#)

How Does That Make You Feel?: True Confessions from Both Sides of the Therapy Couch Does

This Beach Make Me Look Fat?: True Stories and Confessions True Ghost Stories And Hauntings: Horrifying True Paranormal Hauntings From The Last 300 Years: Creepy True Ghost Stories And Accounts (True Ghost Stories, True Paranormal, Bizarre True Stories) Tales from Both Sides of the Brain: A Life in Neuroscience The War of 1812: The War That Both Sides Won Both Sides of the Bedside: From Oncology Nurse to Patient, an RN's Journey with Cancer Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Bizarre True Stories: Weird And Unusual True Stories Of The Paranormal, Strange Sightings, Eerie True Ghost Stories And Unexplained Phenomena (True Paranormal ... True Ghost Stories And Hauntings) Tales from the Couch: A Clinical Psychologist's True Stories of Psychopathology What Does It Mean To Be Safe? (What Does It Mean To Be...?) The Devil: Does He Exist and What Does He Do? True Bigfoot Stories: Horrifying Encounters Of Bigfoot Horror: What Would You Do? What's The Truth? (True Bigfoot Stories, Cryptozoology, True Bigfoot ... True Bigfoot Encounters, Predator Book 1) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Your Country Is Just Not That Into You: How the Media, Wall Street, and Both Political Parties Keep on Screwing You—Even After You’ve Moved On The Beaver Nation Gridiron Cookbook: Football Food for Tailgating and Couch Surfing (Cookbooks for Guys) (Volume 37) Between Couch and Piano: Psychoanalysis, Music, Art and Neuroscience Looking Younger: Makeovers That Make You Look as Young as You Feel Riveted: The Science of Why Jokes Make Us Laugh, Movies Make Us Cry, and Religion Makes Us Feel One with the Universe Does Anything Eat Wasps?: And 101 Other Unsettling, Witty Answers to Questions You Never Thought You Wanted to Ask Baby Touch and Feel: Happy Birthday (Baby Touch & Feel)

[Dmca](#)