



# Beginnings in Psychotherapy: A Guidebook for New Therapists

*Seth Eichler*

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## **Beginnings in Psychotherapy: A Guidebook for New Therapists** Seth Eichler

Every new therapist faces their first session with trepidation. How should they prepare for it? Theory and techniques are covered over the course of many years in varied programs that psychiatrists, psychologists, social workers and others undergo. Trainees in residency programs and medical schools, as well as psychologists and social workers read many books that discuss various aspects of psychotherapy and/or analysis. Yet how do they know which tools to apply on that first day, and over those first few weeks?

*Beginnings in Psychotherapy* will help readers to begin to answer these questions and start psychotherapy with increased confidence. It will provide readers with an understanding of the foundational tools and background, as well as providing a comfort level with the new territory of becoming a therapist. The author shares his years of experience, in a conversational, accessible tone, without being dogmatic or dense. He engages readers warmly, immediately helps them expand their understanding by looking at the pros and cons of certain decisions, without insisting that the readers follow any particular rule or policy.

This book will serve as a guide for the 100,000 plus undergraduate and graduate students in all the disciplines that practice psychotherapy, including psychiatry, psychology, social work, art therapy and pastoral counseling. It should prove to be an ideal text for classes that introduce students to practical psychotherapy within their clinical experience.

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