



While considerable research tells us that psychotherapists learn from their clients, we know little about what therapists learn from their clients. We interviewed over 60 psychotherapists to see what they have learned from their clients, both personally and professionally. Psychologists discuss learning life lessons about relationships, ethical decision making, coping, courage, wisdom, psychopathology, personality, cultural differences and lifespan development, all thanks to their work and personal lives. The self-reflective, richly elaborated therapist narratives may be inspiring to professionals and anyone interested in psychotherapy. The psychologists interviewed reported learning much from clients with whom they work, and expressed respect for their wisdom and courage.



Sherry Lynn Hatcher, PhD, ABPP is Faculty Chair in the Clinical Psychology Program at Fairleigh Dickinson University. She has previously been on faculty at the University of Michigan where she three times received Excellence in Education Awards. She has been the recipient of a Woodrow Wilson Fellowship for College Teaching and was recently presented a mentorship award by her students. For many years Dr. Hatcher served on the Michigan Psychological Association Ethics Committee.

She has published on topics including psychotherapy research, psychology of women and adolescent development, in journals such as *Psychotherapy: Teaching of Psychology*, *The Journal of Youth and Adolescence*, *The Qualitative Report* and *Psychiatry*, and she serves on the Editorial Board of *PsyCRITIQUES*.

What Psychotherapists Learn From Their Clients

Hatcher

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Sherry L. Hatcher, PhD, ABPP, Editor



What Psychotherapists Learn From Their Clients

**Manuel Trachsel, Nikola Biller-
Andorno, Jens Gaab, Şerife Tekin, John
Z. Sadler**



What Psychotherapists Learn From Their Clients:

What Psychotherapists Learn from Their Clients Sherry L. Hatcher PhD ABPP, 2014-11-07 What Psychotherapists Learn from Their Clients Sherry L Hatcher PhD ABPP Editor How I wish I had the benefit of What Psychotherapists Learn from Their Clients several decades ago This book illuminates a seldom discussed but crucial area of the treatment relationship The popular notion held by patients and clinicians alike is that the therapist is there to treat the patient S he is the expert the seer holding all the answers the keys to the basement and the combination to the vault where all the secrets are kept Embedded in this way of thinking is also something of a pretense that because the psychotherapist is present in the role of clinician s he is not involved in the process and certainly not affected by the client other than in a countertransferential manner Perhaps the traditional focus in our training that therapy is not a social relationship that boundaries are an essential and ethical part of practice and that we must learn and adhere to role appropriate behavior results in our learning to avoid an awareness of our patients influence on us and of what we learn from them not just about them Largely hidden from this perspective is the fact that one of the operative terms in the idea of the treatment relationship is relationship The therapist is 50 percent of the dyad fully one half of the enterprise And among psychotherapists it is a widely known secret that being in the privileged position of learning about the private struggles secret torments and desires and fundamental heartbreaks of other human beings affects us deeply and throughout our lives Margaret Cramer PhD ABPP *Bipolar for Psychotherapists and Their Clients* C. Raymond Lake, 2023-10-05 This unique book is needed because it aims to improve the care of Bipolar clients while strengthening the clinical practices of non MD psychotherapists What is different is the proposal that psychotherapists manage the overall care of Bipolar clients The increased number of publications about Bipolar over the past decades has enhanced the recognition of Bipolar As many as 16 million individuals in the US may have a Bipolar episode at some point Psychiatrists have traditionally managed Bipolar clients but there are not enough psychiatrists and they generally spend only 10 to 15 minutes every one to six months with their clients often not enough time to recognize oncoming Bipolar episodes Therapeutic strategy has changed from treating acute episodes to postponing next episodes Psychotherapists see their clients for 50 minutes every week and are in a better position to recognize developing episodes Psychotherapists do not prescribe and medicines are usually needed along with psychotherapy for best results This book encourages psychotherapists to vet and collaborate with prescribers in caring for the therapists Bipolar clients Lacking in the psychotherapists armamentarium for treating Bipolar clients is education regarding diagnostic signs symptoms and treatment including the most productive medications This book provides therapists and clients the needed information and encourages academic departments and other psychotherapy programs to institute training about Bipolar Disorders **Theories of Counseling and Psychotherapy** Elsie Jones-Smith, 2014-10-29 This breakthrough edition of Theories of Counseling and Psychotherapy An Integrative Approach by Elsie Jones Smith sets a new standard in counseling theories books The Second Edition goes

beyond expert coverage of traditional and social constructivist theories with coverage of more contemporary approaches to psychotherapy including individual chapters on spirituality and psychotherapy strengths based therapy neuroscience and neuropsychotherapy motivational interviewing and the expressive arts therapies In every chapter the case study of a preadolescent boy demonstrates how each theory can be applied in psychotherapy Up to date and easy to read the book engages readers with inner reflection questions that help them apply the theories to the lives of their clients and shows them how to develop their own integrative approach to psychotherapy

Psychotherapy as a Learning Process, **Cultural Psychotherapy** Martin La Roche, 2013 Written by a leading expert in the field of culturally competent psychotherapeutic practice this book presents an integrated psychotherapeutic framework designed to help students and practitioners understand investigate and treat clients from diverse cultural backgrounds La Roche introduces a logical theoretical model that takes into account the influence of sociopolitical economic and cultural processes within the psychotherapeutic process Using a three phased psychotherapeutic model with specific clinical recommendations and suggestions for each phase the book explores complex clinical cases that illustrate in detail each phase Unique in its approach to and definition of the concept of cultural diversity Cultural Psychotherapy expands the traditional ethnicity race model to a model that examines individuals and groups according to a broader set of variables In other words the key to enhancing our understanding of our clients is to take into account the rich and dynamic context in which their lives develop and evolve

Nelson-Jones' Theory and Practice of Counselling and Psychotherapy Richard Nelson-Jones, 2014-11-10 This sixth edition provides an essential introduction to the major theoretical approaches in counselling and psychotherapy today Comprehensive and accessible it now includes two brand new chapters on Mindfulness and Positive Therapy as well as additional content on ethics on new developments in each approach including the latest research and updated references Following a clearly defined structure each chapter describes the origin of the therapeutic approach a biography of its originator its theory and practice discusses case material and further developments and suggests further reading Each chapter also contains review and personal questions Richard Nelson Jones authoritative and practical textbook is the ideal companion for students on introductory courses and those embarking on professional training

The Oxford Handbook of Psychotherapy Ethics Manuel Trachsel, Nikola Biller-Andorno, Jens Gaab, Şerife Tekin, John Z. Sadler, 2021 The Oxford Handbook of Psychotherapy Ethics explores a whole range of ethical issues in the heterogenous field of psychotherapy It will be an essential book for psychotherapists in clinical practice and valuable for those professionals providing mental health services beyond psychology and medicine including counsellors and social workers

Psychotherapy with Deaf Clients from Diverse Groups Irene Leigh, 1999 Using the premise that deaf people often are a minority within a minority 27 outstanding experts outline in this timely volume approaches to intervention with clients from specific diverse populations With an overview on being a psychotherapist with deaf clients this guide includes information on the diversity of consumer knowledge attitudes beliefs

and experiences Learning the Language of Addiction Counseling Geri Miller, 2014-09-09 FULLY REVISED
COMPREHENSIVE AND PRACTICAL Learning the Language of Addiction Counseling Fourth Edition introduces counselors social workers and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides an engaging balanced overview of the major theoretical foundations and clinical best practices in the field Fully updated the Fourth Edition offers a positive practice oriented counseling framework and features A research based clinical application approach to addiction counseling that practitioners can turn to for fundamental practical clinical guidelines Revised chapters that reflect important changes in research and practice including new DSM 5 criteria new assessment instruments and new and expanded treatments Case studies interactive exercises end of chapter questions and other resources that facilitate the integration of knowledge into practice Personal Reflections sections at the beginning of each chapter provide an invaluable unique perspective on the author's evolving views of addiction counseling Updated and expanded online Instructor's Manual that includes brief video clips PowerPoint slides test bank questions for each chapter and sample syllabi From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional this comprehensive book covers all of the essentials

The Therapist's Ultimate Solution Book Judith Belmont, 2015-05-04 Simple psychoeducational strategies to keep clients on track during and in between sessions Clients go to therapy wanting to change but often they have no inherent knowledge of how to change It's up to the therapist to build a well stocked toolkit of life skills and psychoeducational strategies This book answers the call delivering an array of basic solutions in the form of handouts worksheets exercises quizzes mini lessons and visualizations to use with your clients and tailor to fit their needs No matter your preferred course of therapy whether it's CBT DBT EMDR or EFT having at your disposal a variety of easy to learn and easy to teach techniques for a host of common therapy issues goes a long way in keeping your clients on track both during and in between sessions Each chapter offers loads of skill building tips and techniques to teach your clients followed by practical take aways for in between sessions and additional recommended resources that they can turn to websites books videos and social media Topics covered include stress Solutions anxiety Solutions depression Solutions anger Solutions conflict Solutions regret Solutions low Self Esteem Solutions life Imbalance Solutions and more This book is one stop shopping for a variety of simple practical educational techniques to help your clients make longstanding life changes **Learning Disabilities** Bob Gates, Helen

Atherton, 2007-01-01 This title is directed primarily towards health care professionals outside of the United States It is the authoritative textbook for students of learning disabilities covering a wide variety of topics It is relevant not only for nursing courses but also for care workers OTs and other professional and non professional carers The new edition has been completely updated and includes the latest evidence for practice There are new chapters which means the book provides

comprehensive coverage of learning disabilities throughout a person's life. There are also new contributors including people with learning disabilities. Each chapter is supported by information on further reading and other resources. *Handbook of Experiential Psychotherapy* Leslie S. Greenberg, Jeanne C. Watson, Germain Lietaer, 1998-10-08 Integrating the work of leading therapists, the book covers both conceptual foundations and current treatment applications. The volume delineates a variety of experiential methods and describes newly developed models of experiential diagnosis and case formulation.

Chemical Dependency Counseling Robert R. Perkinson, 2021-10-14 Helping individuals recover from addiction is one of the most rewarding professions in the world. *Chemical Dependency Counseling: A Practical Guide* is the most comprehensive text written for those counselors and professionals who work with or plan to work with clients struggling with chemical dependency in a variety of settings. Following the model of twelve-step programs, providing a ground-up introduction to guide the counselor through treatment from A to Z and can be used as a core text for courses in addiction or substance abuse counseling. Author Robert R. Perkinson presents state-of-the-art tools necessary to deliver outstanding treatment and meet the highest standards demanded by accrediting bodies. This 6th edition continues to outline the best evidence-based treatment in the world with a concentration on the following: cognitive behavioral therapy, motivational enhancement, medication-assisted treatment, skills training, and 12-step facilitation. *Case Study Research in Counselling and Psychotherapy* John

McLeod, 2010-10-04 British Association for Counselling and Psychotherapy **Counseling and Psychotherapy** Siang-Yang Tan, 2011-01-01 Combining cutting-edge expertise with deeply rooted Christian insights, this text from a leading figure in the Christian counseling community offers readers a comprehensive survey of ten major counseling and psychotherapy approaches. For each approach, Siang-Yang Tan first provides a substantial introduction, assessing the approach's effectiveness and the latest research findings or empirical evidence for it. He then critiques the approach from a Christian perspective. Tan also includes hypothetical transcripts of interventions for each major approach to help readers get a better sense of the clinical work involved. This book presents a Christian approach to counseling and psychotherapy that is Christ-centered, biblically based, and Spirit-filled. **Facilitating the Genetic Counseling Process** Patricia McCarthy

Veach, Bonnie S. LeRoy, Dianne M. Bartels, 2006-05-04 Designed as an aid to students in genetics counseling classes and professionals interested in honing their skills, *Facilitating the Genetic Counseling Process* will guide the reader through the why's and how's of assisting clients with these complex issues. The authors' collective years of both teaching students and counseling clients is reflected in the clear practical approach of this manual. **Coming to Know** Phillida

Salmon, 2022-03-29 First published in 1980, *Coming to Know* offers an account which runs counter to orthodox educational psychology in which learning and knowledge are reified; emotional aspects are excluded; the personal social situation of the learner is ignored; and the created character of knowledge with all its social and political ramifications is denied. This collection of work explores personal knowing in a wide range of activities from children's classroom adjustment through

student learning as a social practice to women's perceptions of themselves. It argues that the processes of learning and knowing are not divorced from the learner as a person. Broadly humanistic in its approach, *Coming to Know* provides a welcome counterbalance to the scientific theory of learning. This book is an essential read for scholars and researchers of educational psychology and also for teachers and educationists.

Practice-Oriented Research in Psychotherapy Louis Castonguay, J. Christopher Muran, 2017-10-02. The wide gap between science and practice in psychotherapy is due in part to the one-way direction that has mostly defined the connection between researchers and clinicians with researchers generating empirical knowledge with the hope that practitioners will implement it in their working environment. This traditional approach has not been optimal in addressing the day-to-day concerns of clinicians or in providing easily generalizable practice guidelines in clinical routine. This book offers an alternative approach to psychotherapy research based on a partnership between clinicians and researchers in different aspects of the decision design implementation and dissemination of studies conducted in day-to-day practice. More specifically, it describes how to conduct practice-oriented research (POR) by presenting studies and lessons learned in terms of obstacles faced, strategies used to overcome problems, benefits earned, and general recommendations by eleven groups of who have been involved in POR in different settings around the world. The book provides tools to help clinicians be active participants in conducting clinically relevant studies and set the agenda for future research. It seeks to foster collaboration between researchers and practitioners generating knowledge that can improve our understanding of the process of change and the impact of psychotherapy. This book was originally published as a special issue of *Psychotherapy Research*.

Expertise in Counseling and Psychotherapy Len Jennings, Thomas M. Skovholt, 2016-09-02. In this book, qualitative studies on psychotherapy expertise from the U.S.A., Canada, Singapore, Japan, Korea, Portugal, and the Czech Republic are compiled and synthesized. Understanding the universal characteristics of expert therapists practicing around the world provides training programs and mental health practitioners with a heuristic for optimal therapist and counselor development.

Contemporary Theory and Practice in Counseling and Psychotherapy Howard E. A. Tinsley, Suzanne H. Lease, Noelle S. Giffin Wiersma, 2015-03-18. *Contemporary Theory and Practice in Counseling and Psychotherapy* by Howard E. A. Tinsley, Suzanne H. Lease, and Noelle S. Giffin Wiersma is a comprehensive topically arranged text that provides a contemporary account of counseling theories as practiced by internationally acclaimed experts in the field. Each chapter covers the way mindfulness, strengths-based positive psychology, and the common factors model is integrated into the theory. A special emphasis on evidence-based practice helps readers prepare for their work in the field.

What Psychotherapists Learn From Their Clients Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**What Psychotherapists Learn From Their Clients**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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