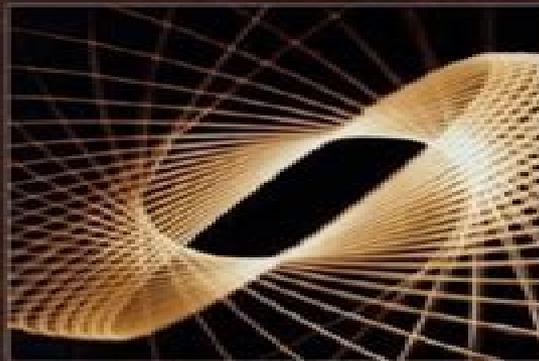

A
CURIOUS
CALLING
SECOND EDITION

Unconscious Motivations for Practicing Psychotherapy



MICHAEL B. SUSSMAN

A Curious Calling Unconscious Motivations For Practicing Psychotherapy

Michael B. Sussman



A Curious Calling Unconscious Motivations For Practicing Psychotherapy:

A Curious Calling Michael B. Sussman, 2007-10-23 What brings you here is the standard question posed to patients at the outset of their therapeutic journey In *A Curious Calling* this question is posed to therapists themselves Applicants to psychotherapy training programs commonly state that they wish to help people but this tells us very little What are the unconscious factors underlying the decision to become a psychotherapist Guilt compassion a sense of moral duty a sense of power Or a wish to be needed or to enjoy vicariously the prospect of receiving aid and comfort For each individual with a need to help there exists a unique constellation of underlying motives and aims Without exploring and facing up to these hidden sources of motivation therapists run the risk of exploiting patients for their own needs The only comprehensive text on this topic Sussman's book presents a survey of motivations to practice psychotherapy through an extensive review of the available literature and discussion of the results of a qualitative study of therapists conducted by the author *A Perilous Calling* Michael B. Sussman, 1995-04-03 What are the consequences of prolonged exposure to the mental and emotional sufferings of others In what ways can the practice of psychotherapy impede a person's ability to form healthy fulfilling personal relationships Is it true that psychotherapists are unusually prone to mental illness drug and alcohol abuse sexual acting out workaholicism and suicide Is there something about people who are drawn to a life in psychotherapy that puts them at higher risk of developing certain behavioral disorders Now in a candid and revealing look into the private and professional lives of psychotherapists a group of noted practitioners attempt to answer these and other hard questions about the women and men who pursue this most perilous of callings Throughout the pages of this fascinating book nearly thirty psychotherapists including psychologists psychiatrists psychoanalysts and social workers provide intimate at times painfully frank accounts of their inner experiences and struggles In a series of compelling first person narratives written in a variety of styles they explore such topics as the therapist's personal development and unconscious motivations for becoming a therapist the emotional impact of clinical work on the psychotherapist the stresses and strains that the practice of psychotherapy can exert on a marriage parenting and psychotherapy disillusionment and the physical and psychic isolation of clinical work the struggles of therapists who suffer from characterological problems of their own and the extreme perils of dealing with suicidal patients They also delve into a number of important professional ethical and legal hazards practitioners face in this age of the medical quick fix *A Perilous Calling* offers readers unparalleled insight into the psychotherapist's deepest concerns and conflicts It reveals the perils of practice and candidly explores how some psychotherapists have learned to cope with them In reading this book professionals will learn how to take better care of themselves both in their professional and personal lives and will find new ways to transform those perils into opportunities for growth and mastery At the same time their patients friends and loved ones will gain a deeper understanding of these complex and uniquely caring individuals

Trauma Muriel Prince, Muriel Warren, 2004 In this post 9 11 world therapists need to expand their toolboxes to deal with

trauma and its effects This book provides a new way of dealing with the devastating emotional residue of a traumatic event It centers on the innovative application of hypnotherapy to help trauma victims self actualize regain their lives and move forward again This book outlines the effects of trauma on mind and body and provides comprehensive systems and treatment plans for the mental disorders caused or exacerbated by trauma Many people are familiar with the famous fight or flight responses to trauma but few now about the freeze response Freeze is the most dangerous of the trio since it inhibits any reaction and leaves the victim immobile It can lead directly to Post traumatic Stress Disorder Also included is a brief survey of brain research and its implications Dr Warren takes readers on a brief journey of self discovery to unlock their full self potential and raise it to a new level

Reflective Practice in Counselling and Psychotherapy Sofie

Bager-Charleston,2010-06-24 A good understanding of reflective practice is essential for good practice in counselling and psychotherapy and is a criterion for accreditation with the British Association for Counselling and Psychotherapy This book takes students on a step by step journey through the history of reflective practice from its origins with Donald Schon through to ideas of knowledge and power and how the counsellor or psychotherapist deals with issues surrounding the self A central theme of the book is the concept of self reflection and what motivates a therapist to do an often difficult and sometimes emotionally complex job

On Becoming a Psychotherapist Robert H. Klein, Harold S. Bernard, Victor L.

Schermer,2010-12-31 On Becoming a Psychotherapist explores how psychotherapists develop as practitioners through both professional training and the training that can only be obtained through personal experience

The Therapeutic Use of Self in Counselling and Psychotherapy Linda Finlay,2021-10-13 This book examines the therapeutic use of self and the intertwining of the therapist's professional self and their personal self Combining practical illustrations and case studies with theory and research the book explores a number of questions such as What are our personal values and attitudes and how do these manifest in our work with clients How do we interact with and impact others and in what ways might this help or hinder our therapeutic work What might we represent to the client as a result of our particular social background and how might this impact on the power dynamics within client relationships Learning features include Practical Applications Research boxes Case Examples Critical Reflections Discussion Questions and Further Reading This is a must read for any students studying professional practice counselling process ethics skills working online remotely the therapeutic relationship and more

Making the Most of Counselling & Psychotherapy Placements Michelle Oldale, Michelle J. Cooke,2014-12-31

Struggling to secure the right counselling or psychotherapy placement for you Unsure of how to deal with complex challenges or how to make sure you get the most out of your placement Then you have come to the right place Packed full of hints and tips advice checklists and points for reflection this practical guide will provide you with those all important answers and more Key content includes History and background of the placement How to get the most out of the placement Wider professional and ethical considerations The placement search completing the application and tips for the interview Managing

placement relationships Planning for the Future This one stop shop will provide counselling and psychotherapy trainees with everything they need to know to secure and survive their practice placement *The Handbook of Counselling Psychology* Barbara Douglas, Ray Woolfe, Sheelagh Strawbridge, Elaine Kasket, Victoria Galbraith, 2016-02-12 This fourth edition provides the most comprehensive guide to the field of counselling psychology exploring a range of theories and philosophical underpinnings practice approaches and contexts and professional issues It has been updated to reflect current issues and debates and to map onto the training standards and offers the ultimate companion for your journey through counselling psychology training and into the workplace New to the fourth edition Chapters on Person Centred Therapy Mindfulness Neuroscience Engaging with and Carrying out Research Reflective Practice International Dimensions and Ecopsychology A companion website offering hours of video and audio including conversations with counselling psychology practitioners and trainees and articles exercises and case studies Other new features include Further Reading Day in the Life of dialogues with practitioners Reflective Exercises and Discussion Points and new case studies Special attention has been paid to the topic of research both as a theme throughout the book and through four new chapters covering the use carry out and publication of research at different stages of training and practice The handbook is the essential textbook for students and practitioners in the field of counselling psychology and allied health professions at all stages of their career and across a range of settings both in the UK and internationally

A Curious Calling Michael B. Sussman, 1992 In this book What brings you here the standard opening question asked in therapy is posed to therapists themselves It is a study of the unconscious factors that contribute to the decision to become a psychotherapist Regardless of primary discipline a major determinant of this career choice is the wish to resolve one's own emotional problems When understood and mastered however such difficulties allow therapists to be more effective Those who have experienced and borne emotional pain have an enhanced capacity to empathize with it and to understand it in others Sussman approaches therapists motives from drive self and object relations theory Some of the dynamics are sadistic and masochistic tendencies maternal identification strong narcissistic needs for omnipotence sensitivity to the unconscious needs of others strong dependency needs and unconscious rescue fantasies Each therapist presents a unique combination of underlying dynamics contributing to the desire to practice psychotherapy Some determinants promote the therapeutic process while others are neurotic or psychotic and are potentially destructive There are hidden dangers for therapists when their motives remain unexplored One of these hazards is that practitioners are at greater risk for burnout By recognizing and mastering the pathological sources of their wish to heal psychotherapists can ultimately heal their own wounds and achieve a more loving and creative helping capacity *American Journal of Psychotherapy*, 2000

The Therapy Sourcebook Francine M. Roberts, 1997 the Therapy Sourcebook defines various mental illnesses and conditions and how people can get effective treatment It includes information on how to find the best therapist for the individual and what questions to ask in the first session It explains the various forms of therapy and how to

Embracing the Tune of Term: An Psychological Symphony within **A Curious Calling Unconscious Motivations For Practicing Psychotherapy**

In a global used by monitors and the ceaseless chatter of quick connection, the melodic splendor and psychological symphony developed by the prepared term usually fade in to the backdrop, eclipsed by the relentless noise and interruptions that permeate our lives. However, set within the pages of **A Curious Calling Unconscious Motivations For Practicing Psychotherapy** a charming literary prize brimming with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that captivating masterpiece conducts readers on an emotional journey, skillfully unraveling the hidden melodies and profound impact resonating within each carefully crafted phrase. Within the depths of this touching assessment, we can discover the book is key harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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Table of Contents A Curious Calling Unconscious Motivations For Practicing Psychotherapy

1. Understanding the eBook A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - The Rise of Digital Reading A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - Advantages of eBooks Over Traditional Books
2. Identifying A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - User-Friendly Interface
4. Exploring eBook Recommendations from A Curious Calling Unconscious Motivations For Practicing Psychotherapy

- Personalized Recommendations
 - A Curious Calling Unconscious Motivations For Practicing Psychotherapy User Reviews and Ratings
 - A Curious Calling Unconscious Motivations For Practicing Psychotherapy and Bestseller Lists
5. Accessing A Curious Calling Unconscious Motivations For Practicing Psychotherapy Free and Paid eBooks
 - A Curious Calling Unconscious Motivations For Practicing Psychotherapy Public Domain eBooks
 - A Curious Calling Unconscious Motivations For Practicing Psychotherapy eBook Subscription Services
 - A Curious Calling Unconscious Motivations For Practicing Psychotherapy Budget-Friendly Options
 6. Navigating A Curious Calling Unconscious Motivations For Practicing Psychotherapy eBook Formats
 - ePub, PDF, MOBI, and More
 - A Curious Calling Unconscious Motivations For Practicing Psychotherapy Compatibility with Devices
 - A Curious Calling Unconscious Motivations For Practicing Psychotherapy Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - Highlighting and Note-Taking A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - Interactive Elements A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 8. Staying Engaged with A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 9. Balancing eBooks and Physical Books A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - Setting Reading Goals A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of A Curious Calling Unconscious Motivations For Practicing Psychotherapy

- Fact-Checking eBook Content of A Curious Calling Unconscious Motivations For Practicing Psychotherapy
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

A Curious Calling Unconscious Motivations For Practicing Psychotherapy Introduction

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