

A PRIMER ON WORKING WITH RESISTANCE

Martha Stark, M.D.

A Primer On Working With Resistance

Air Corps. War Department

A Primer On Working With Resistance:

A Primer on Working with Resistance Martha Stark, 1994-03-01 Martha Stark's primer on resistance is a unique book It takes as the heart of the clinical problem the patient's reluctance to change that ubiquitous and paradoxical phenomenon of our work in which people come to us asking for help in changing and then do their level best to keep change from happening This is a work which is at once a practical guide and a theoretical tour de force Readers who journey in this slim volume with Dr Stark will return from their travels to their practice much educated having encountered new ideas and old ones in new forms better able to face the everyday travails of psychotherapy David E Scharff M D Every so often a book emerges from the vast sea of analytic writings that startles in its creativity and usefulness A Primer on Working with Resistance is just such a book Dr Stark is as clear as a bell She manages complex theoretical concepts with sophistication and great sensitivity for the material For example the distinctions she makes between convergent and divergent conflict or between illusion and distortion are elegant. The guestion and answer format of the book is reassuring for the beginner and a delight for the more experienced reader as well Anne Alonso Ph D Harvard Medical School A Jason Aronson Book A Perilous Calling Michael B. Sussman, 1995-04-03 What are the consequences of prolonged exposure to the mental andemotional 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 workaholism and suicide Is there something aboutpeople who are drawn to a life in psychotherapy that puts them athigher risk of developing certain behavioral disorders Now in a candid and revealing look into the private and professional lives of psychotherapists a group of notedpractitioners 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 thirtypsychotherapists including psychologists psychiatrists psychoanalysts and social workers provide intimate at timespainfully frank accounts of their inner experiences and struggles In a series of compelling first person narratives written in avariety of styles they explore such topics as the therapist spersonal development and unconscious motivations for becoming atherapist 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 clinicalwork the struggles of therapists who suffer from characterological problems of their own and the extreme perils of dealing withsuicidal patients. They also delve into a number of important professional ethical and legal hazards practitioners face in thisage of the medical quick fix A Perilous Calling offers readers unparalleled insight into thepsychotherapist s deepest concerns and conflicts It reveals theperils of practice and candidly explores how some psychotherapistshave 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 transformthose perils into opportunities for growth and mastery At the sametime their patients friends and loved

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