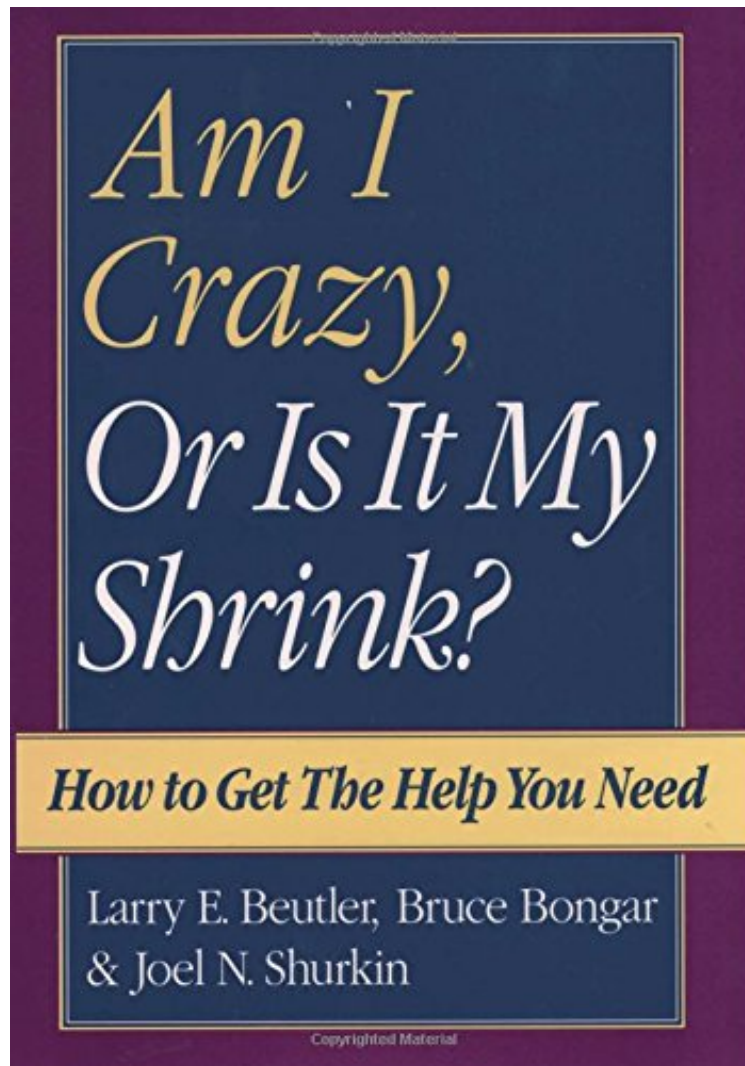


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Am I Crazy, Or Is It My Shrink?

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Larry E. Beutler, Bruce Bongar, Joel N. Shurkin : Am I Crazy, Or Is It My Shrink? before purchasing it in order to gage whether or not it would be worth my time, and all praised Am I Crazy, Or Is It My Shrink?:

5 of 7 people found the following review helpful. Clear but dryBy Joan MazzaAM I CRAZY, OR IS IT MY SHRINK? is written by two psychologists and one journalist. It offers good descriptions of various therapies and how they work. The language of this book has a very academic, clinical tone, which makes its valuable information a bit dry to assimilate. Some cautions about the therapeutic process are discussed, but not enough on the ways to tell if you, as a patient, are with an inappropriate or wacky therapist. I found it a good book with only a few reservations.0 of 0 people found the following review helpful. Sophisticated and accurate informationBy Derek TruscottThis book has

been re-published under the title "A Consumer's Guide to Psychotherapy" but the new book seems to be out of print. Despite its (present and former) title, it is written at a very high level with pretty sophisticated information. It will take some work to find the answers to your questions about psychotherapy, but they're likely to be here.

With over 400 types of psychotherapy available, ranging from the highly effective to the highly questionable to the downright fraudulent, the task of choosing a therapist can be daunting. Now, *Am I Crazy Or Is My Shrink?* gives you all the information you need to get the most effective help and to know when your therapy is working--or when it's time for a change. Drawing on years of practical experience and the most up-to-date research, the authors give you expert guidance on all the issues you should consider, whether you're seeking therapy or uncertain about the therapy you're receiving: What questions should I ask my therapist about a recommended treatment? What personal qualities and professional qualifications should I look for in a therapist? What do research studies say about the effectiveness of a particular therapy? How do I recognize when a therapist is not right for me? How can I tell when my therapist's behavior is unethical or unprofessional? What strategies can I use to evaluate my progress? The authors also provide an overview of the main branches of psychotherapy and suggest which approaches are best suited to the most commonly occurring problems, such as depression, anxiety, obsessive-compulsive disorders, eating disorders, relationship and sexual difficulties, and many others. Finally, the authors stress that because therapies don't come with warning labels, and because a therapist will typically apply his or her theory to whoever walks through the door, regardless of their unique symptoms and circumstances, it is essential to choose your therapist wisely, with as much forethought as possible. *Am I Crazy Or Is My Shrink?* empowers you to make that choice with confidence and to be a knowledgeable participant in your own treatment.

From *Library Journal* Despite its frivolous title, this book is the serious product of research by two experts on psychotherapy (Beutler, Univ. of California at Santa Barbara; Bruce Bongar, Stanford Univ.) working in collaboration with journalist Joel Shurkin. The result is an authoritative text for the general reader that will also be useful to clinicians. It covers adult outpatient situations (not hospital treatment, psychoses, addictions, etc.) of some 400 different therapies available and practiced, only a handful of which have been evaluated scientifically. From depression and anxiety to sleep disorders and sexual and marital problems, the authors report what research tells about the effectiveness of psychotherapy and medication. Guidelines are given, the most basic being to find "someone you respect and like and who seems to listen and care about what happens to you." Questions for and about your therapist are given, along with warning signs of unsatisfactory treatment. Along with the more comprehensive *Caring for the Mind* (LJ 4/15/95), this book belongs on a short list of current, clear, practical guides for consumers of mental health services. E. James Lieberman, George Washington Univ., Washington, DC Copyright 1998 Reed Business Information, Inc. "At last, advice to psychotherapy patients that is firmly based in scientific research and clinical experience. The authors bring many years of clinical expertise and distinguished research careers together in a readable and informative presentation. This book will be particularly helpful to people who are seeking treatment for emotional problems and for patients who are not sure about the value of the treatment they are getting. The knowledge contained in *Am I Crazy or Is My Shrink?* will help patients feel empowered to shape their treatment, an empowerment that is particularly relevant in this era of managed care."--Kenneth I. Howard, Northwestern University About the Author Larry E. Beutler is Professor of Education and Psychology at the University of California, Santa Barbara. Bruce Bongar is Associate Professor of Psychology at Stanford University. Joel N. Shurkin is a freelance journalist.