



# On Being a Therapist (Jossey Bass Social and Behavioral Science Series)

*Jeffrey A. Kottler*

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## **On Being a Therapist (Jossey Bass Social and Behavioral Science Series) Jeffrey A. Kottler**

Since it was first published in 1986, *On Being a Therapist* has become a classic book in the field and has proved to be one of the most inspiring sources of guidance for aspiring and seasoned practitioners alike. Jeffrey Kottler provides a candid account of the profound ways in which therapists influence clients and, in turn, are impacted personally and professionally by these encounters. He shows how therapists can learn, develop, and grow during the process of therapy and explains how practitioners can use the professional skills and insights gained from their sessions to address their own personal issues, realize positive change in themselves, and so become better helpers for others. This thoroughly revised edition includes discussion about how the business and practice of therapy has changed in recent years, the effects of technology and managed care, the breakdown of theoretical orientation, and the greater client diversity represented in contemporary practice.

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