



How Clients Make Therapy Work: The Process of Active Self-Healing

Arthur C. Bohart, Karen Tallman

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In this provocative book, the authors debunk the medical model of the psychotherapist as healer who merely applies the proper nostrum to make the client well. Instead, they see the therapist as a coach, collaborator, and teacher who frees up the client's innate tendency to heal. The authors show how different schools of therapy have unique ways of mobilizing clients and share tips for dealing with client resistance, passivity, and maladaptive behavior. The authors show how different schools of therapy have unique ways of mobilizing clients and share tips for dealing with client resistance, passivity, and maladaptive behavior.

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