

# Self-Therapy

Treating yourself with  
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# Self Psychotherapy

**Everest Media**



## **Self Psychotherapy:**

Using Self Psychology in Psychotherapy Helene Jackson, 1994-03-01 Self psychology offers a new perception of how pathology develops. It emerges not from intrapsychic conflict but from the pervasive absence of empathically responsive self-object in the child's inner and outer world. The goal of this book is to familiarize mental health professionals with this new approach to human behavior and demonstrate its implications for treatment in various stages of development and in a broad range of situations. Mental health professionals who are familiar with the concepts of self psychology will find this book useful in expanding their treatment ideas. For those who are unfamiliar with self psychology, this material will provide new, different, exciting, and effective ways of thinking about patients and intervening in the treatment relationship. *Self-Therapy* Jay Earley, 2009 Self therapy makes the power of a cutting edge psychotherapy approach accessible to everyone. It is incredibly effective on a wide variety of life issues such as self-esteem, procrastination, depression, and relationship issues provided by the publisher. Handbook of Dialogical Self Theory and Psychotherapy Agnieszka Konopka, Hubert Hermans, Miguel Gonçalves, 2018-11-07 In the Handbook of Dialogical Self Theory and Psychotherapy: Bridging Psychotherapeutic and Cultural Traditions, the editors bring together a wide variety of therapeutic approaches in order to demonstrate how Dialogical Self Theory functions as a bridging framework crossing boundaries between countries and cultures. The basic message is to facilitate a theory-informed dialogue between different perspectives: cognitive therapy, psychoanalytic therapy, gestalt therapy, emotion-focused therapy, Eastern Indian, American, and transpersonal approaches. The chapters present the theoretical notions, qualitative methods, and practical implications of the presented projects with attention to their common dialogical foundation. With its bridging approach and interdisciplinary aims, the Handbook of Dialogical Self Theory and Psychotherapy will be essential reading for psychotherapists and counsellors in practice and training and for those who are interested in the common factors underlying a wide variety of psychotherapeutic schools and traditions. **The Dialogical Self in Psychotherapy** Hubert J.M. Hermans, Giancarlo Dimaggio, 2004-08-26 How can a theory of the self be used to understand the psychotherapeutic process? The basic assumption of the dialogical self is that there is no centralised headquarter in the mind but that the internal self is made up of a number of different characters. Interpersonal relationships from infancy onwards become internalised; these internalised relationships then influence relationships during life. The Dialogical Self in Psychotherapy is divided into four clear and accessible sections which explore theoretical and historical assumptions of the dialogical self from different angles: psychological, developmental, and neurobiological; the relationships between Dialogical Self Therapy and the authors' own theoretical perspectives; treatment of clients suffering from severe disorders; method and research. The Dialogical Self in Psychotherapy gathers together psychotherapists from divergent origins to explore current thinking in the field: cognitive, constructivist, process, experiential, narrative, psychodynamic, psychodramatic, humanistic, and cognitive analytic. This innovative book brings together inter and intra-subjective dialogue and clearly demonstrates how they

are incorporated into the therapeutic process      *The couple counselling - Self-therapy with questions for a real relationship*  
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**Summary of Jay Earley 's Self-Therapy** Everest Media,2022-04-17T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The human mind is made up of subpersonalities or parts that exist inside of us

and struggle with irrational emotions and desires These parts are like little people who are doing the best they can to cope with discomfort and pain 2 IFS is not the first system of therapy to recognize this Carl Jung saw it a century ago and other therapy approaches have been built around this notion In fact there has been a surge of therapies that work with subpersonalities recently 3 The Busy Part is the part of Sandy that is unconscious and it has the power to stop her from succeeding It is trying to protect the Embarrassed Child who was ridiculed by her peers when she did something that made her publically visible 4 IFS is a form of therapy that helps you find your center pinpoint the parts of you that are causing difficulties heal them and unify them It is not only a powerful form of therapy but it also lends itself well to self therapy and peer counseling     The Emerging Self in Psychotherapy with Adults Richard A. Mackey,2009 No detailed description available for The Emerging Self in Psychotherapy with Adults     *The Use of Self in Therapy* Michele Baldwin,2013-02-11 One of the most powerful factors in therapy is that it involves the intensive relationship between two or more human beings The issues of transparency and self disclosure therefore become important concerns for therapists how can they use themselves effectively in their work without transgressing on professional regulations These issues and concerns are addressed in this new edition of *The Use of Self in Therapy* by experienced therapists who share their own wisdom research and experiences in valuable ways Disregarding methodology or approach the authors demonstrate how to train and develop the self and person of the therapist as a powerful adjunct to successful therapy They enable practitioners to become more effective in helping their clients to realize and regain their own powers of healing and healthy recovery This 3rd edition also examines the impact of increasing professional regulation as well as the impact of the internet and social media on the conduct of therapy Also new to this edition are discussions of how therapists can use themselves in cultures that are less individually oriented This book is a valuable addition to any therapist s library and therapy supervisor s teaching arsenal

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