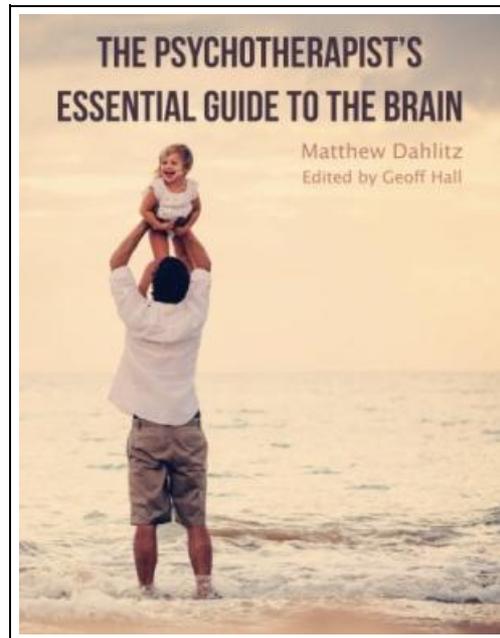


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THE PSYCHOTHERAPIST S ESSENTIAL GUIDE TO THE BRAIN (PAPERBACK)



Dahlitz Media, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Psychotherapist s Essential Guide to the Brain is a 147 page full-colour illustrated guide for psychotherapists describing the most relevant brain science for today s mental health professionals. Taken from the best of the series published in The Neuropsychotherapist, and completely revised, this book represents an easy to read guide for anyone working in the mental health arena. In February 2016, The Neuropsychotherapist, a magazine devoted to informing mental health professionals about the neuroscience of psychotherapy, introduced a regular column on the brain for the practising clinician. The column proved popular because it interpreted relevant facts from a large body of technical knowledge in language accessible to the non-scientist. In view of the positive readership response, it was decided to compile all instalments of The Psychotherapist s Essential Guide to the Brain together with new material into a stand-alone volume that might become a handy addition to the psychotherapist s bookshelf. Why learn about the brain? Surely a therapist has a range of therapies and techniques at his or her disposal that can be effectively implemented without a degree in neurobiology. Certainly some would argue that the application of techniques and the experiential learning of what works and what doesn t is the path to take. But is this the best approach, in light of the knowledge that is now available to us? Does a medical doctor familiarize him or herself with only the symptoms and not the cause and mechanisms of an illness? There is, I believe, much to be gained by understanding at least the fundamentals of brain function that play a critical role in our mental well-being, says author Matthew Dahlitz, psychotherapist and Editor-in-Chief of The Neuropsychotherapist. Freud, some will...



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