



Therapy? Who Needs It?: Simplifying the Process of Getting Help (Paperback)

By Zalman Nelson Lmsw

Toratherapeutics, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. -How do I know what kind of therapist I need? -How can I tell if my therapist is a good match? -How is therapy any different than talking to friends and family? -Do people really change in therapy? Isn't it just about blaming people for your issues and a crutch for people who can't figure out their own problems? -There are so many types of therapists with all kinds of letters after their names. What do they all mean? Get the answers to these questions and many more in this informative guide to the experience of therapy. Finally, in one concise guide, you will learn what therapy is about, how and why it works, and ways to make it a successful, helpful and transformative healing experience.



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