



## **Clinical Strategies for Becoming a Master Psychotherapist (Practical Resources for the Mental Health Professional)**

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# Clinical Strategies for Becoming a Master Psychotherapist (Practical Resources for the Mental Health Professional)

## Clinical Strategies for Becoming a Master Psychotherapist (Practical Resources for the Mental Health Professional)

The best health practices are a synthesis of science and art. Surgery is a case in point. Although all competent surgeons follow scientific protocols, the best surgeons are masters of the art of surgery and produce better outcomes: e.g., smaller incisions; lower mortality rates. Psychotherapists are in exactly the same position. Psychotherapy is both a science and an art. There are excellent resources that convey information about empirically supported practices - the science of psychotherapy. However, this scientific information is incomplete in two important ways. It does not cover key matters that come up in psychotherapy (e.g., building a therapeutic relationship, resistance, termination), and it often does not fully cover the "art" of implementing these techniques, the nuances, the creative ways, the problem solving strategies when difficulties arise. This book is an attempt to have high profile, expert, "master" therapists discuss the art of handling these key issues.

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