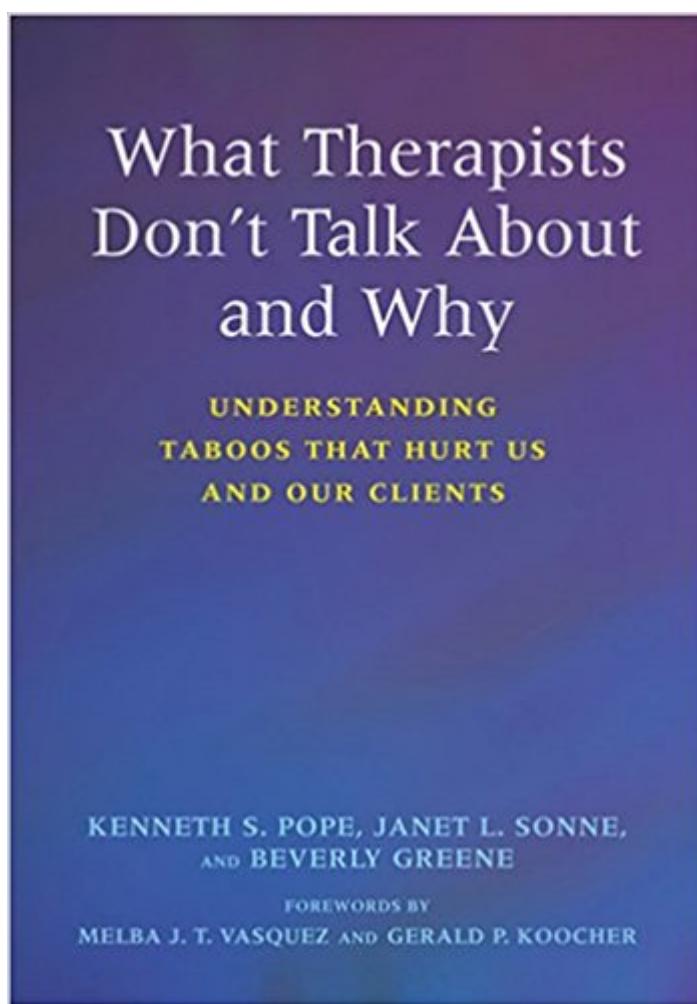


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# What Therapists Don't Talk About And Why: Understanding Taboos That Hurt Us And Our Clients



## **Synopsis**

This book was created to help therapists and therapists-in-training explore the myths and taboo topics that weaken their practice and cause anxiety, discomfort, and confusion. Some of these topics include feeling incompetent; making mistakes; getting caught off guard by fee entanglements; becoming enraged at patients; managing illness; understanding sexual arousal and impulses; praying with patients as part of therapy; feeling ashamed; being fired; and not knowing what to do. The book discusses the damaging myths that therapists seem to hold about themselves that sustain the taboo topics. By offering questions for self-assessment and a series of explorations that can be used to examine taboo topics individually or in groups, the book provides resources for recognizing the myths, challenging the taboos, and speaking honestly and directly with patients and others about topics that have been off-limits.

## **Book Information**

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## **Customer Reviews**

This is a very much needed book that would hopefully motivate many therapists to accept themselves as humans and to know their limitations. However, it did give me a sense that the author was trying to create a "cook book" despite him saying that it was not his intent. It felt as if he was trying to predict every possible case scenario instead of raising a more fundamental question such as what therapy work is and what it is not? I believe, it is more important to have this fundamental discussion instead of concentrating on countless little details, because many taboo topics come from therapists' mindless attitude toward their work in general, when they cannot define for

themselves what therapy is, how it promotes healing and what therapeutic relationship is and isn't.

I am a counseling grad student and I found a lot of this to be common sense. It's an easy read but I found myself skimming a lot.

If you're in the mental health field or preparing for a career in it, this book raises a lot of excellent questions that you'll want to think through. I wish it provided more answers, but I understand that its purpose is to raise the issues so you can think through them for yourself.

This was quite insightful especially when the book talked about different scenario a counselor may face.

Absolutely engaging and real! I teach ethics continuing education workshops for therapists and refer to this book on many occasions!

In graduate training, we are trained to follow ethical principles, but discussions are limited. Students and professors seem afraid to openly discuss the taboo topics, like therapist feelings of fear, anger, hatred, and sexual attraction. This book provides the context for open, respectful, and insightful discussions in graduate-level ethics courses. Thank you, Dr. Pope!

This book certainly raises lots of issues not covered in school and provides a logical and ethical methodology to thinking through, however the book falls short of suggested resolutions that the therapist may entertain. The book is well written and clearly laid out but I was left feeling many "endings" were left off. I am faced with decision trees that involve ethics daily in my practise but I would like to have some insight into what my colleagues decision trees look like. I can always raise the ethical questions myself. Overall good reading but not a book I would reference. The book would be good reading for group discussion.

The info given is interesting but then again, it is the negative spin on everything so while I find it very informative I can only read it in small doses and then have to pull out my life is a bowl of sunshine daydreams. blessings I think it's worth the read

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