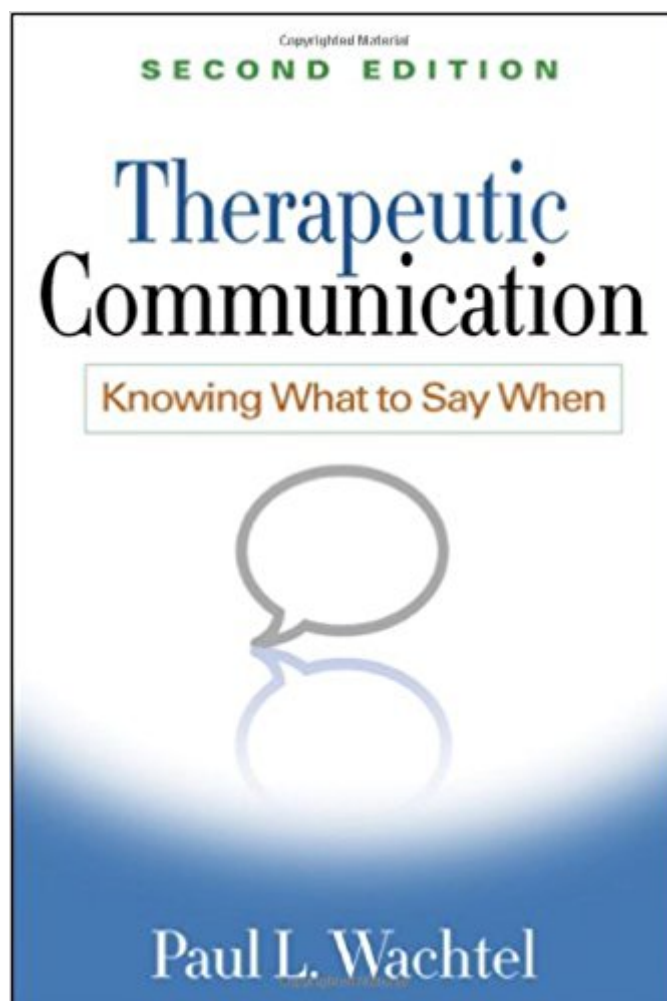


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# Therapeutic Communication, Second Edition: Knowing What To Say When



## Synopsis

A uniquely practical guide and widely adopted text, this book shows precisely what therapists can say at key moments to enhance the process of healing and change. Paul Wachtel explains why some communications in therapy are particularly effective, while others that address essentially the same content may actually be countertherapeutic. He offers clear and specific guidelines for how to ask questions and make comments in ways that facilitate collaborative exploration and promote change. Illustrated with vivid case examples, the book is grounded in an integrative theory that draws from features of psychodynamic, cognitive-behavioral, systemic, and experiential approaches. New to This Edition \* Reflects nearly 20 years of advances in the field and refinements of the author's approach. \*Broader audience: in addition to psychodynamic therapists, cognitive-behavioral therapists and others will find specific, user-friendly recommendations. \*Chapter on key developments and convergences across different psychotherapeutic approaches. \*Chapter on the therapeutic implications of attachment theory and research. See also Wachtel's Relational Theory and the Practice of Psychotherapy, which explores a new direction in psychoanalytic thought that can expand and deepen clinical practice.

## Book Information

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## Customer Reviews

"Therapeutic Communication, Second Edition, builds on the foundation of Wachtel's original book, but it very substantially updates and revises it, reflecting many exciting advances that have occurred in our field. Wachtel presents theoretical and clinical material that will sharpen any psychotherapist's

understanding of how to communicate with patients."--Leslie S. Greenberg, PhD, Distinguished Research Professor, Department of Psychology, York University, Canada

"Paul Wachtel is among the very few teachers and theorists of psychotherapy whose writing has an immediate, direct, and powerful impact on my clinical practice. I have long used and recommended this excellent text and am delighted to see the revised second edition, which incorporates recent developments across the range of therapeutic approaches. Wachtel does not speak in generalities or abstractions; rather, he moves easily among theoretical formulations, research findings, and their practical application, illustrating his principles with numerous recognizable examples. He examines in great detail the nuances and subtleties of what you say to patients, how you say it, and the relational context within which you convey your therapeutic messages. This book is essential reading for practicing therapists of all persuasions. I can't wait to start reading it with my students."--Lewis Aron, PhD, Director, Postdoctoral Program in Psychotherapy and Psychoanalysis, New York University

"The wisdom and experience of a creative therapist are reflected in every chapter. As the subtitle indicates, it's what you say and when you say it that determines what a patient hears. Novice and experienced therapists of any theoretical orientation will find this book to be of significant value. It is clear that therapy is not simply about techniques--it's about relations that work. This book shows you how and why that is true."--Robert L. Leahy, PhD, Director, American Institute for Cognitive Therapy; Department of Psychiatry, Weill Cornell Medical College

"This is the best book on how to talk to one's patients I have ever read, and it is the book I most frequently recommend to my trainees....The lessons on language embodied in this book are experience-near and clinically useful for anyone who talks with patients, regardless of theoretical orientation....Wachtel addresses with tremendous sophistication a number of thorny issues that are seldom addressed in such a clear, clinically genuine (as opposed to theoretically driven) way, such as the uses and limits of therapeutic self-disclosure and suggestion....A profound and important book." (Journal of Psychotherapy Integration 1996-01-03)

"Quite simply, an excellent book. It is comprehensively researched; it takes an inclusive and integrative theoretical and practical approach; it engages deeply and with precision on tendentious issues and difficult concepts; and it renders explicit what a seasoned and experienced therapist may be doing intuitively....My copy is now well scribbled and earmarked, and I can imagine coming back to it again and again, not only to refine my own understanding of the difficult nettles grasped therein, but to simply begin to do all the secondary reading that Wachtel so expertly integrated into this formidable and profitable piece of work. This is a text that one would profit from greatly by reading straight through like any book; but my sense is that it will be ultimately more valuable as a reference and teaching guide."

(Psychodynamic Practice 2011-04-13) "A comprehensive and provocative examination of the uses of language by therapists in clinical practice....Paul L. Wachtel, a noted expert, clinician, and theorist of psychotherapy...generously shares his extensive professional experience throughout the text....This book will be very helpful to clinicians in guiding their decisions about the best uses of language in clinical practice. Wachtel generously interweaves relevant theory and clinical experiences in the clearly written and informative chapters....It is up to date, comprehensive, well referenced, and strongly grounded in relevant theory and practice....Wachtel's book provides a strong impetus for examining the nature of therapeutic communication and encourages careful thought about the strategic exchange of messages to achieve therapeutic outcomes."

(PsycCRITIQUES 2011-04-13)"Should be of significant help to students and to practitioners of psychotherapy....Nuances of communication style are treated comparatively and persuasively rather than pejoratively....Wachtel's material is fecund with an admixture of theoretical knowledge, experience, and universally applicable clinical vignettes. The chapter on achieving resolution of the patient's difficulties is particularly germane....Overall, this book would be very useful and productive in training programs for all those engaging in forms of psychotherapy." (Journal of Behavior Therapy and Experimental Psychiatry 1995-06-03) "A uniquely practical guide and widely adopted text, this book shows precisely what therapists can say at key moments to enhance the process of healing and change. The book offers clear and specific guidelines for how to ask questions and make comments in ways that facilitate collaborative exploration and promote change. Illustrated with vivid case examples, the book is grounded in an integrative theory that draws from features of psychodynamic, cognitive behavioral, systemic and experiential approaches." (Counseling Today 2014-02-01)

Paul L. Wachtel, PhD, is CUNY Distinguished Professor in the doctoral program in clinical psychology at City College and the Graduate Center of the City University of New York. He received his doctorate in clinical psychology from Yale University and is a graduate of the postdoctoral program in psychoanalysis and psychotherapy at New York University, where he is also a faculty member. Dr. Wachtel has lectured and given workshops throughout the world on psychotherapy, personality theory, and the applications of psychological theory and research to the major social issues of our time. He has been a leading voice for integrative thinking in the human sciences and was a cofounder of the Society for the Exploration of Psychotherapy Integration. Dr. Wachtel is a recipient of the Hans H. Strupp Memorial Award for psychoanalytic writing, teaching, and research; the Distinguished Psychologist Award from Division 29 (Psychotherapy) of the American

Psychological Association (APA); and the Scholarship and Research Award from Division 39 (Psychoanalysis) of APA.

excellent. Should be a text at graduate level

Besides working out in the field, the best way to learn the nuts and bolts of psychotherapy is through this book. Wachtel is a gripping writer, no small compliment for the author of a textbook. And when you finish enjoying the ride, you will own the whys and hows of the most fascinating profession.

Simply one of the best books I've ever read on the topic of psychotherapy. It gently leads clinicians into new ways of speaking which benefit their clients. I cannot recommend this book highly enough.

A must-have for all counselors or any one in the helping profession. I purchased the e-copy and read it whenever I have spare time.

Great book for any future clinician. Helpful in building strong therapist-client relationships and just useful in improving one's own interpersonal communication skills and improving personal relationships. Excellent resource!

One of the best books I've ever read about doing psychotherapy. You don't have to be an analyst to appreciate and benefit from it. And a clear differentiation of the contemporary relational model from classical psychoanalysis.

A++

Every clinician needs this book

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