



# The How-To Book for Students of Psychoanalysis and Psychotherapy

Sheldon Bach

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This is a book that grew out of the many practical "how-to" questions that the author's psychotherapy students have asked him over the years. It is neither an evidence-based compendium nor an attempt to summarize general practice or the viewpoints of others, but rather a handbook of practical answers to many of the questions that may puzzle students of psychotherapy and psychoanalysis. Some of the short chapters include: How to choose a personal psychoanalyst; How to do an initial interview; How to listen to a patient; How to get paid for your work; How to tell what the transference is; How to refer a patient for medication; and How to understand the need for recognition.



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