



How Master Therapists Work: Effecting Change from the First through the Last Session and Beyond

Len Sperry, Jon Carlson

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How Master Therapists Work engages the reader in experiencing what really happens in therapy with master therapists: who they are, what they do, and how they bring about significant change in clients. It examines one master therapist's actual six-session therapy (also available on DVD) that transformed a client's life, resulting in changes that have been sustained for more than seven years. Session transcriptions directly involve the reader in every aspect of the therapeutic change process. This is followed by the commentary of a master therapist-psychotherapy researcher who explains how these changes were effected from a psychotherapy research perspective. Next, the master therapist who effected these changes explains what he was thinking and why he did what he did at key points in the therapy process. Then, the client shares her thoughts on this life changing therapeutic experience. This is a must have, one-of-a-kind book that will greatly enhance the therapeutic understanding and skills of both practicing therapists and therapists-in-training.

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