

Therapeutic Mastery

Becoming a More Creative and Effective Psychotherapist

Charles H. Kramer, M.D.

"I think Chuck Kramer offers a fine message to therapists and lay people about the essential qualities in therapy -- and in life."
-- Mary Goulding

"Therapeutic Mastery is like a breath of fresh air -- invigorating and inspiring. It reads like a personal consultation with a warm, engaging, and insightful master therapist. It will be of great benefit to a wide range of practitioners, from beginners to those with much experience. ...Techniques are clearly described and well illustrated with clinical examples; the effective use of self-disclosure is particularly well presented. The consistent focus on the personal development of the therapist is powerful and important, and specific methods for enhancing emotional and spiritual development are very helpful. I highly recommend this wonderful book. I have been a psychotherapist for more than 30 years and have recently been thinking about retiring from practice. After reading Therapeutic Mastery, I am feeling energized and inspired, and much more hesitant to take that step."

-- Larry B. Feldman, M.D.
Loyola University Medical Center

Whether you are at the beginning, in the middle, or at the crossroads of your career, this book is chock-full of important information for the road ahead. Kramer's broad experience and interests are all brought to bear as author and reader together explore matters of the mind, the body, and the spirit.

Contents:

Part I: THE THERAPIST IN ACTION

Doing Therapy Well * Creating Your Framework * Getting Started * The Process Moves Along * Ending

Part II: THE THERAPIST AS HUMAN BEING

Internal Cast of Characters * The Good Therapist * Vulnerabilities * Empathy and Limits * The Therapist's Own Therapy * Exploring Psychospirituality

Part III: DEVELOPING CREATIVELY

Enhancing Our Selves * Learning from Practicing * Evolving Every Day * Doing, Undoing, Not Doing

Part IV: REVEALING OUR SELVES

Modeling and Self-Disclosure * The Risks and Benefits of Self-Disclosure * Illness and Other Distractions * The Pull of a Style

Part V: LEADERSHIP BEYOND PROBLEM SOLVING

Leadership * The Accomplishment Triangle * Significance for Therapeutic Mastery

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Charles H. Kramer, M.D., is Professor Emeritus of Psychiatry and Behavioral Sciences, Northwestern University Medical School, as well as Founder and Past President of The Family Institute of Chicago. Dr. Kramer is also author of Basic Principles of Long-term Patient Care: Developing a Therapeutic Community and Becoming a Family Therapist: Developing an Integrated Approach to Working with Families.

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