



Therapy's Best: Practical Advice and Gems of Wisdom from Twenty Accomplished Counselors and Therapists (Haworth Practical Practice in Mental Health)

Howard Rosenthal

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Insightful interviews with a *Who's Who* of the world's foremost therapists

Therapy's Best is a lively and entertaining collection of one-on-one interviews with some of the top therapists and counselors in the world. Educator and psychotherapist Dr. Howard G. Rosenthal talks with twenty of therapy's legends, including Albert Ellis, arguably the greatest clinical psychologist and therapist of our time; assertiveness training pioneer Robert Alberti; experiential psychotherapist Al Mahrer; and William Glasser, the father of reality therapy and choice theory. Each interview reveals insights into the therapists' personal lives, their observations on counseling, and the helping profession in general, and their thoughts on what really works when dealing with clients in need.

The interviews found in Therapy's Best uncover treatment strategies that are often missing from traditional textbooks, journal articles, courses, and seminars related to assertiveness training, Rational Emotive Behavior Therapy (REBT), marriage and family counseling, transactional analysis, psychoanalysis, suicide prevention, voice therapy, experiential psychotherapy, and Emotion Focused Therapy (EFT). Conversations with the "best and brightest" (including two recipients of the American Psychological Association's Division of Psychotherapy's "Living Legends" award) reveal why these therapists are such effective helpers, what makes their theories so popular, and most important, what makes them tick. This unique book lets you "rub elbows" with these consummate professionals and learn more about their theories, ideas, and experiences.

Therapy's Best includes interviews with:

- Dr. Albert Ellis—creator of Rational Emotive Behavior Therapy (REBT) and APA Division of Psychotherapy "Living Legend"
- Dr. Edwin Schneidman—the foremost expert on suicide prevention, suicidology, and thanatology
- Richard Nelson Bolles—author of *What Color Is Your Parachute?*
- Dr. Dorothy and Dr. Ray Bevcar—husband and wife therapists who write textbooks on marriage counseling
- Dr. Al Mahrer—father of experiential psychotherapy and APA Division of Psychotherapy "Living Legend"
- Les Greenberg—father of Emotion-Focused Therapy (EFT)
- Muriel James—co-author of *Born to Win*
- and many more!

Therapy's Best is a must read for professionals who practice counseling and psychotherapy, students preparing to do likewise, and anyone else with an interest in therapy—and the people who provide it.

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