



In Session: The Bond Between Women and Their Therapists

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Why do so many women develop profound feelings for their therapists? Why do many of them fall in love with their therapists, and what happens to them when they do? "In Session" enters the consulting room and cuts straight to the heart of the complex psychotherapy relationship.

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Editorial Review

From Library Journal

Basing her work on a research questionnaire and in-depth interviews, journalist Lott seeks to explore the therapeutic relationship from the patient's point of view. In traditional Freudian theory, the patient essentially relives early important relationships in a healthier way. The therapist's role is to be a neutral but supportive "projection screen," able to encourage clients to discuss strong feelings without encouraging or suppressing emotions ranging from love to anger. Lott finds that most therapists are not able to walk this fine line, either becoming entangled in their patients' emotional dramas or refusing to allow any discussion of the relationship. Nor do training programs offer much advice. Pressure from insurance companies is making the kind of in-depth therapy described in the book increasingly rare, a development Lott discusses in her final chapter. A good addition to any academic library supporting counseling programs; public libraries should buy where similar titles circulate well. AMary Ann Hughes, Neill P.L., Pullman, WA
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Review

"*In Session* is a wonderful guide to understanding how therapy can and should succeed despite the inherent difficulties that the relationship imposes." -- *Los Angeles Times*

"A good addition to any academic library supporting counseling programs." -- *Library Journal*

"Lott writes with ease and her consumer-oriented text will engage the interest of anyone curious about the therapeutic relationship."

-- *Publishers Weekly*

"This fascinating book becomes contemplation on the role of love and respect in all human relationships." -- *Feminist Bookstore News*

Transference and countertransference are usually discussed in the professional literature of psychoanalysis. Yet with hundreds of thousands of people, mostly women, seeing therapists each year, the delicate connections forged in the "approximate relationship" of therapist and client deserve further scrutiny. Lott, a consumer health writer and herself in therapy, comes to this project prepared in both theory and practice. Based on extensive interviews with women in therapy and in a significant review of the literature, her prove proves more than a how-to for consumers, thought it is also that, as it explores the sometimes blurry boundaries between therapist and client in great depth. Although sexual abuse may leap to mind as an example of bad therapeutic practice, any time therapists put their own needs ahead of a client's they act unprofessionally. Well researched and well considered, *In Session* is also impressively well written and filled with stories, ideas, and insights. -- *BOOKLIST April 1, 1999 Patricia Monaghan*

From the Author

I wrote this book to help clients navigate the therapeutic relationship, and to make therapists more aware of the client's perspective. *In Session* reveals how clients experience and attempt to make sense of the boundary and transference dilemmas that are part and parcel of this unique relationship. I hope the stories in this book will encourage clients to talk more freely about what really goes on in their therapy with other clients, in public forums, and also with their own therapists.

Users Review

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Lavelle Hildreth:

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