



Handbook of psychotherapeutic self-help: How to help yourself and your family

I. Vorobeitchik, M. Minkovitch

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This is the first self-help guide that will, as opposed to other books on self-psychotherapy, enable you to not only master psychotherapeutic techniques, but also give you the skills to independently prepare an “individual psychotherapeutic kit” for yourself, your children, and those closest to you. The utilization of more than 135 techniques recommended by psychotherapists for overcoming stress, mood improvement, and behavior modification (this includes popular everyday techniques that have been recognized and justified) first time described in literature and is set in a systemic form well suited for self-teaching. The viability of these psychotherapeutic techniques has been confirmed by the authors’ many years of experience of teaching these techniques to patients and healthy people for self-administered preventative measures from stress and for the maintenance of treatment results (I. N. Vorobeitchik) as well as for the increased effectiveness of medication therapy during urgent help (M. I. Minkovitch). This book serves the practical interests of a wide circle of readers, including physicians, psychotherapists, clinical psychologists, and teachers who are showing others the skill of psychotherapeutic self-help techniques, or “basic autopsychotherapy.” (In the English translation of the table of contents and the headings of many chapters, we have provided synonyms for lay people).

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