



Date : 19/03/2020

Pages : 107

Format cm : 14 x 21

Prix : 16.0

EAN : 9782749164779

## How Not to Have to See a Therapist with Your Child

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Publisher : Le Cherche Midi

Category : Humanities and Non-Fiction

Genres : Psychology/Psychoanalysis - Well-Being/Self-Help

Keywords : Psychology - Anthill - Psychology - Anthill - Therapy - Case study - Epic - Incompetence

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A therapist tells you how to not have to see a therapist!

"Yesterday, another father called me, distraught at the 'gravity' of the situation with his son. And yet I've often noticed that a simple discussion suffices to settle what prompted the call: guilt and anxiety over not being 'good' parents. They want me to tell them what to do in order to be 'good,' even 'perfect': kind, funny, attentive, and always calm... Which isn't at all like the human beings we are, with ups and downs. This book isn't about avoiding family therapy with your children, but outlining the best ways of helping out before that step becomes necessary—finding the right resources in our own families to get through tough times, listen to and care for one another." This book examines ten actual cases, offering tips for calming tempers and moving forward.

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Sales in France: 1,000 copies

Adaptations: Paperback