



Practical Jung: Nuts and Bolts of Jungian Psychotherapy [Paperback]

Harry A. Wilmer

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Here is the thought of Carl Gustav Jung, the great Swiss psychologist, applied to the real world of the therapist's office. Dr. Wilmer explores the Jungian approach in a deceptively light style, bringing not only his years of experience but his special wit, wisdom, and skills as an illustrator. Anyone interested in the process of psychotherapy will gain a new understanding and new insights, enjoying many a chuckle along the way. Psychotherapy opens up wounds that, if mishandled, may become worse or may not heal. It almost goes without saying that any method of treatment can be misused. The intimacy of psychotherapy and the power projected upon the therapist make that potential misuse especially dangerous. This book highlights ways for both patient and therapist to recognize when the wrong direction has been taken and alerts them to positive ways of coping with such problems, ways in which what might have gone wrong is turned into what can be most helpful in psychological growth. The focus of this book is not traditional psychopathology, reductive analysis or big interpretations. It is about what is and what facilitates an I-Thou relationship. It is about ordinary courtesy and human concern without sentimental shibboleths.

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