

This book is directly aimed at sufferers of mental distress. The book's aim is to remove from sufferers the burden of fault for their pain and to demystify some of the practices that surround the treatment of mental illness. It is not exactly a self-help book because it is a false claim of any treatment of mental illness that cure can be brought about by exercise of will. Much of what causes mental distress is lack of power and resource, outside the control of the sufferer. Surviving without psychotherapy involves the appreciation of several things. First, the limited nature of therapeutic assistance - whilst clarification and support may help the sufferer understand his/her predicament and encourage the use of what resources the sufferer has, therapy cannot change the distal root causes of distress. Second, that only socio-political solutions can address some of the most powerful causes of distress, e.g., redundancy, housing and poverty. In sounding a cautionary note about psychoanalysis, Smail observes that mental distress is far more about money than sex. David Smail analyses the claims of treatments of mental distress. He explains why willpower alone cannot remove symptoms. There is discussion about resources open to an individual in positioning themselves against stressors to minimise the effect of the same. That said, feelings of stress and anxiety are regularly an entirely rational response to the sufferer's predicament.

Woodalls Camping Guide: Great Lakes 1999 (Serial), Thinking and Writing About Art: A Developmental Approach, THE MIGHTY WORLD OF MARVEL #7. [CAPTAIN BRITAIN], Dust Thou Art: Finding God, Happiness, and Fulfillment, More Great Ghost Stories,

Smail's book is a radical critique of conventional psychotherapy, allowing readers to see their distress in terms of a natural response to events beyond their. Attempts to direct us away from charlatans professing to be psychotherapists who seek to become rich and famous by misleading their clients. Results 1 - 25 of 25 How to Survive Without Psychotherapy by Smail, David and a great selection of similar Used, New and Collectible Books available now at. Download Citation on ResearchGate On May 8, , David Smail and others published How to Survive without Psychotherapy }. Download Citation on ResearchGate On Apr 1, , M. Mair and others published Some thoughts on how to survive without psychotherapy by David Smail }. Illusion and Reality () and Taking Care (), the second, The Origins of Unhappiness () and How to Survive Without Psychotherapy ().

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