



On Being a Master Therapist: Practicing What You Preach

Jeffrey A. Kottler, Jon Carlson

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On Being a Master Therapist: Practicing What You Preach Jeffrey A. Kottler, Jon Carlson **Learn from master therapists and bring your skills to the next level**

Bringing a breath of fresh air to the therapy profession, this compelling and thoughtful resource urges readers to move from competency to full mastery in the mental health field. Combining the findings of hundreds of previous studies, interviews with a wide range of master therapists, own unique experiences and perspectives, Jeffrey A. Kottler and Jon Carlson have devised a guide that takes therapists out of their comfort zones.

Professionals in the fields of psychology, counseling, social work, and human services, as well as graduate students studying for these professions, will find a level of honesty and candor in this resource, which tackles a range of essential topics in a frank, personal tone, and closes with a meaningful discussion about the challenges of striving for mastery. Master therapists and authors Kottler and Carlson explore a range of hot-button topics, such as:

- Cultural misunderstandings
- Disliking your clients (or having clients dislike you)
- Receiving negative feedback from clients
- Injecting creativity into the therapeutic process
- Finding time for social justice and advocacy

On Being a Master Therapist provides a much-needed look at a range of topics that aren't often given such genuine and insightful treatment, with the goal of helping you attain the attributes that truly distinguish excellence in clinical practice. Start on your journey toward mastery with this thoughtful resource.

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