



The Heart of Being Helpful: Empathy and the Creation of a Healing Presence

Peter R. Breggin MD

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Based on more than 30 years of clinical experience as a psychiatrist and a therapist, Dr. Breggin's book, now available in an affordable paperback, illustrates the importance of developing a therapeutic bond--or healing presence--between helping professionals and their clients. The author provides useful vignettes, case studies, and personal insights to help both beginning and experienced therapists develop more empathy in therapeutic relationships. He asserts that the first step toward effective treatment is empathic self-transformation in the therapist. It is empathy and self-transformation that lie at the heart of being helpful. Topics include vulnerability, nurturing, helplessness, forgiveness, and spirituality, as well as tips for working with clients in extreme emotional crises, children and families, and patients of culturally diverse backgrounds.

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