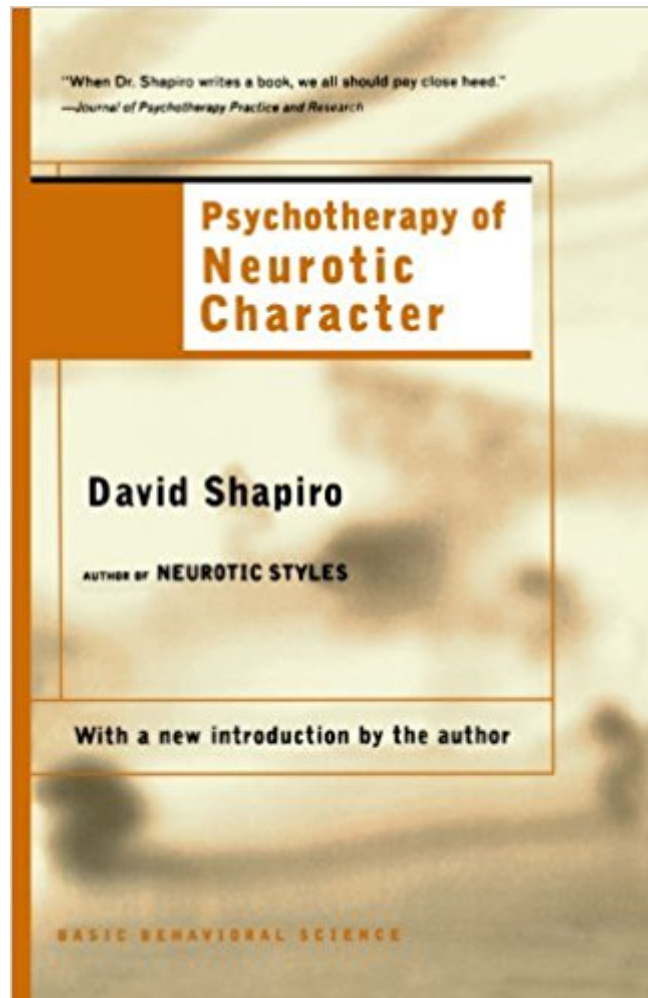




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Psychotherapy Of Neurotic Character



Synopsis

Shapiro's keenness of observation and profound clinical wisdom are once again in evidence, as he brings to bear his brilliant ideas about neurotic character on the actual conduct of psychotherapy. The therapeutic material, argues Shapiro, consists not merely of what the patient provides but of the patient. Pay attention not only to the words, Shapiro says, but also to the speaker. Shapiro's highly original view of the dynamics of neurosis emphasizes subjective experience and revises classical conflict theory. The therapist's goal is to introduce the patient to himself and thus to end the self-estrangement that characterizes neurosis. In a series of eloquent chapters, richly illustrated with clinical vignettes, he elaborates this view, exploring such topics as the process of change, the psychology of "raising consciousness," and the therapeutic relationship. No therapist, regardless of persuasion, will fail to be enlightened and inspired by this essential contribution to the field.

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Customer Reviews

David Shapiro, Ph.D., is Professor of Psychology, Graduate Faculty, at the New School. He is the author of *Neurotic Styles*, *Autonomy and Rigid Character*, and *Psychotherapy of Neurotic Character*. He practices psychotherapy in New York City.

David Shapiro is a long time favorite since I read *Neurotic Styles* as a young clinician. His writing is clear and exciting. He provides numerous in-session transcript excerpts to highlight the language

clients use as they distance themselves from their experience. He renders the complexity of the clinical setting into an exciting possibility of discovery and offers well reasoned opinions on the origins of psychopathology (see also *Autonomy and Rigid Character*). I require this book in my graduate training practicum course. Part theoretical treatise and part inspiration, it is the stuff young (and seasoned) clinicians need to help maintain perspective in our current age of symptom driven manualized treatments. Along with the works of Nancy McWilliams and select others, Shapiro offers access to the insights of psychodynamic/psychoanalytic theory with clear language. This is an essential need in the task of translating the clinical wisdom of so many psychoanalytic thinkers into a form current students can grasp and apply.

Interesting book written as a narrative. You get insights into how Shapiro thinks through a case conceptualization and the how and why of his therapeutic approach.

Excellent!

Great book by the writer of the classic, "Neurotic Styles". I found his former book long on (great) clinical description, but short on what as a therapist to do about it. Here he addresses the latter and does so very well.

I loved *_Neurotic Styles_* and this book is just as good. It extends Dr.Shapiro's ideas to the area of clinical work. He is a master theoretician and writes absolutely beautifully.

A classic for all dynamic psychotherapists. Helped to read slowly and reflectively.

David Shapiro's work has been well known in the field of psychotherapy. His earlier works, *Neurotic Styles* and *Autonomy and Rigid Character*, became instant classics as they appeared. In this third book Shapiro delineates his character analytic approach to therapy in the tradition of Helmut Kaiser. Following the theoretical discourse in the first chapter, he explains his major thesis eloquently: the patient him/herself is the therapeutic material. In so doing, Shapiro provides many examples, probably his own as a gifted therapist, that make this book highly readable. I have assigned this book to my interns who are interested in learning the art of therapy. Shapiro is a true master! I highly recommend this book to the readers of this review.

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