

The American Psychological Association has approved this book as a resource for mental health professionals. It is also a valuable resource for consumers of mental health services. The book is written in a clear, accessible style and is suitable for use in a variety of settings. It is a must-read for anyone who is considering psychotherapy.

# The Consumer's Guide to Psychotherapy



THE AUTHORITATIVE GUIDE FOR  
MAKING INFORMED CHOICES ABOUT  
ALL TYPES OF PSYCHOTHERAPY

Answers these questions and more:

- How do I decide if I need therapy?
- Which therapy approach is best for my problem?
- How do I find the right therapist?
- What questions should I ask during the first meeting?
- How can I afford therapy?
- How can I tell if therapy is really working?
- How do I know when to end treatment?

Jack Eagler, Ph.D., and Daniel Coleman, Ph.D.

contributing authors to The New York Times



# Consumers Guide To Psychotherapy

**CL Gary**



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