

The Other Couch



Discovering Women's Wisdom in Therapy

**Inspirational Stories of
Courage and Healing**

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The Other Couch: Discovering Women's Wisdom in Therapy



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Through the eyes of two wise and experienced therapists, *The Other Couch: Discovering Women's* These stories are designed to inspire because they bring new life, breath, and spirit into the globe. The authors concentrate on the wisdom sufferers bring with their therapists because they introduce women identified as having bi-polar disorder, major depression, obsessive compulsive disorder, panic, multiple personality disorder, persistent suicidal ideation, and drug abuse. *The Other Sofa* was written as a tribute, and a gift, to women all over the place. Patricia Martin and Helene Houston understand that each of us comes with an intense craving to end up being comprehended by others. *Wisdom in Therapy* explores the lives of 36 spirited ladies who struggle and overcome their issues with courage, resilience, and commitment. Each chapter conveys a significant life lesson about the human condition and touches on circumstances such as abusive interactions, cheating spouses, addicted children, the death of loved ones, transgender issues, and more.



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Stories of Wise Women: Therapists and Patients I just finished reading this inspiring reserve by two wise females whom I know. Buy this book, you will be pleased you did! Well crafted stories about encouraging existence lessons A book of sometimes unpleasant tales and the compassionate hearing given by Patricia Peters . The stories of the women in the reserve are so diverse, and I love what sort of authors interweave their patient's stories making use of their own life encounters and reflections on topics such as forgiveness, sisterhood, motherhood, etc. The reader gets the sense of the therapist and patient growing jointly and the respect for each individual story comes through loud and clear. Go through it! Lovely, touching vignettes showing women's power to overcome their .. My college students weren't the only types that learned something. I also appreciated all the resources incorporated with each chapter. Martin personally! Interesting and informative Loved this book. Each chapter follows a woman on her path through counseling.... Good book. At the end of each chapter is invaluable information and resources if the reader desire to learn more about the problem in order to support someone who is having similar problems, and also agencies for group support. What a treat to possess Patricia and Helene at our publication club conference tonight to inform us about the procedure of birthing this work that reflects their combined decades of encounter as therapists... A book of sometimes unpleasant tales and the compassionate listening distributed by Patricia Peters Martin and Helene DeMontreux Houston that brought rest from struggling and helped to create healing for the ladies who came to them seeking help.! Probably the most helpful resource This book gave me hope and the data that I was not alone. It had been uplifting. Lovely, touching vignettes showing women's power to overcome their serious problems with the help of caring therapists. Inspiring stories of survival We was humbled to learn the stories of the women who've sat on "the other sofa". This Other Sofa has been such an asset to my counseling course. It changed my perspective. I actually had the wonderful opportunity to meet up with Dr. The tales become even more compelling because the therapists talk about what each experience offers meant to them. Compassion and insight These moving accounts of several women's journeys through therapy are told with care and compassion. She knows the way to handle a person's problems and something feels comfortable opening up one's feelings Knowing Dr. I found the assets and links very useful. This book has been a valuable tool for me personally. I think everyone could find a chapter they are able to use within their lives, created with compassion. love this book! Helene and I have already been fellow book club associates forever. Quick Read Interesting short stories of therapy clients' achievement amid personal struggles from current lives chosen as well as past lives survived. Martin, I could attest she is near the top of the line in being helpful and caring... They will have persevered through their various struggles with the kind, but continuous help of one of these two amazing clinicians. I am searching for a book to help bring true to life women and family issues in to the classroom. Finally, a resource that shares true lifestyle trials and tribulations of females who've experienced trauma within their lives. This reserve is an truly motivation to others who are living through similar situations. It empowers women which is the message I want to send out to my learners. My learners have shared that this publication touches them deeply and they will use the knowledge within their professions as counselors.. I did so too! A special many thanks to the authors for breaking down the stigma of looking for help and empowering ladies through their book. Lina Racicot- Director of Graduate Psychology at American International University in Springfield, MA Validating Life affirming tales from women who've overcome soul-crushing issues. Every chapter illustrates the tenacity of the human being spirit to find peace. Must Read! The stunning effects of sincerity and deep caring on the individual mind and soul can be found in the pages of The Additional Couch. Women are strong creatures! Thanks to the women mentioned in the publication and to the authors for posting these stories and providing the assets for more info. She's a woman of great knowledge, wisdom and experience....very right down to earth gal. That is a must read book! Five Stars Excellent read! It is not only an inspirational and motivational reserve, but also educational. Helene, have turned their lives around making use of their amazing strength. It really is 36 inspiring stories of women who've undergone struggles and, through the help of therapy with Pat

& This book is a must read that you won't want to put down. Inspirational, motivational, educational! My favorite tale was that of a 92-year-old woman who distributed to Dr. Martin her "Sage" advice on life: Expect Change, Accept Modification, Adapt to Change and Don't Whine". With candor and a feeling of humor they give the reader a consider their own vulnerabilities, that they reassuringly assert are portion of the human condition. This Other Couch has been this asset to my . She knows how to handle a person's problems and something feels comfortable opening up one's feelings.whether the issues concern abuse, loss, addiction, divorce or additional life challenges.



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