



Getting Better at Getting People Better: Creating Successful Therapeutic Relationships

Noah Karrasch

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What is it that really gets people better? With practical information on how to support clients' healing processes, this book helps practitioners across a wide range of physical and medical therapies, as well as psychotherapists, to improve their practice and get better at what they do.

Getting to the core of true healing, Noah Karrasch explores the essentials of effective practice that apply across all healing modalities and expands on a four step formula based on these essentials: caring about patrons, providing a safe setting, communicating with clients, and encouraging their participation in their own healing. The book also discusses the practitioner's self-understanding and self-healing work as a vital part of becoming a better provider of health and healing, and Karrasch presents a model of communication focused on recognising which of four centers (head, heart, gut, or groin) both practitioners and their clients operate from to strengthen ties between healing partners.

Revealing the fundamentals of effective practice drawn from a wide range of therapies, this book provides practical advice, as well as points of reflection, for all those seeking to deepen their therapeutic practice.

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