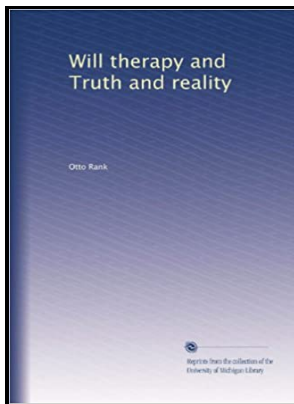


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Common myths and misconceptions about therapy and the truth about them

In the worst situations these choices may not be enough to save us or they may be painful or they may be choices we wish we never had to make.

Rank, O. Will therapy & Truth and reality. New York: Knopf, 1945. Pp. 307. \$3.00, Journal of Clinical Psychology

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Common myths and misconceptions about therapy and the truth about them

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Some of these techniques have now been rediscovered and tested out by empirical psychologists, who have found that they do indeed transform emotional suffering. We may want to have a certain person all to ourselves.

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If I am depressed, how can I be expected to get out and about, dress well, work, face my problems etc? There are even apps that can match you with a provider who offers services. Sometimes this requires understanding old trauma or identifying psychological diagnoses. Instead, reality therapy proposes that all behavior is a choice, and psychological symptoms are actually irresponsibly chosen behaviors intended to fulfill a basic need.

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Depression can get us help without us having to ask for it.

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