



# Setting Out: The Importance of the Beginning in Psychotherapy and Counselling

*Meg Errington*

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The nature and the outcome of therapy are always to some extent determined by the way the therapist decides to conduct the initial session. In *Setting Out* Lesley Murdin and Meg Errington explore the issues surrounding this subject, providing valuable insights into the significance of beginnings in psychotherapy.

The book deals with practical issues for the therapist, such as the responsibility for the unfolding of the therapeutic relationship. It also addresses ethical and technical debates over how much should be said at the initial meeting, and how the beginning can determine the outcome. Subjects covered include:

\*The birth of a narrative self

\*Diagnosis: should we even begin?

\*Expectations: the birth of pattern recognition

\*Transference: the birth of the problem of reality

Illustrated throughout with case vignettes, this exploration of the crucial issue of how to manage beginnings will prove an invaluable resource for students of counselling and psychotherapy as well as experienced practitioners.

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