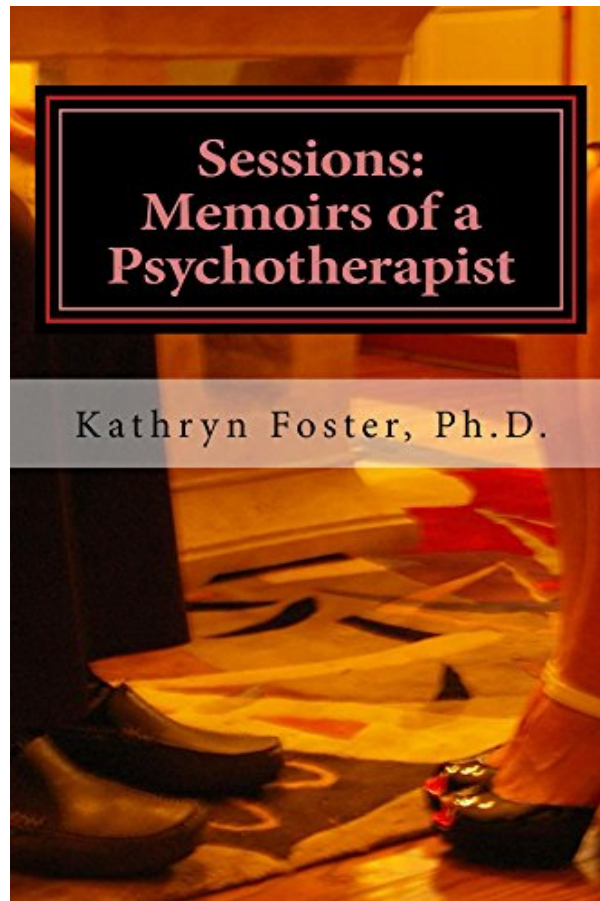
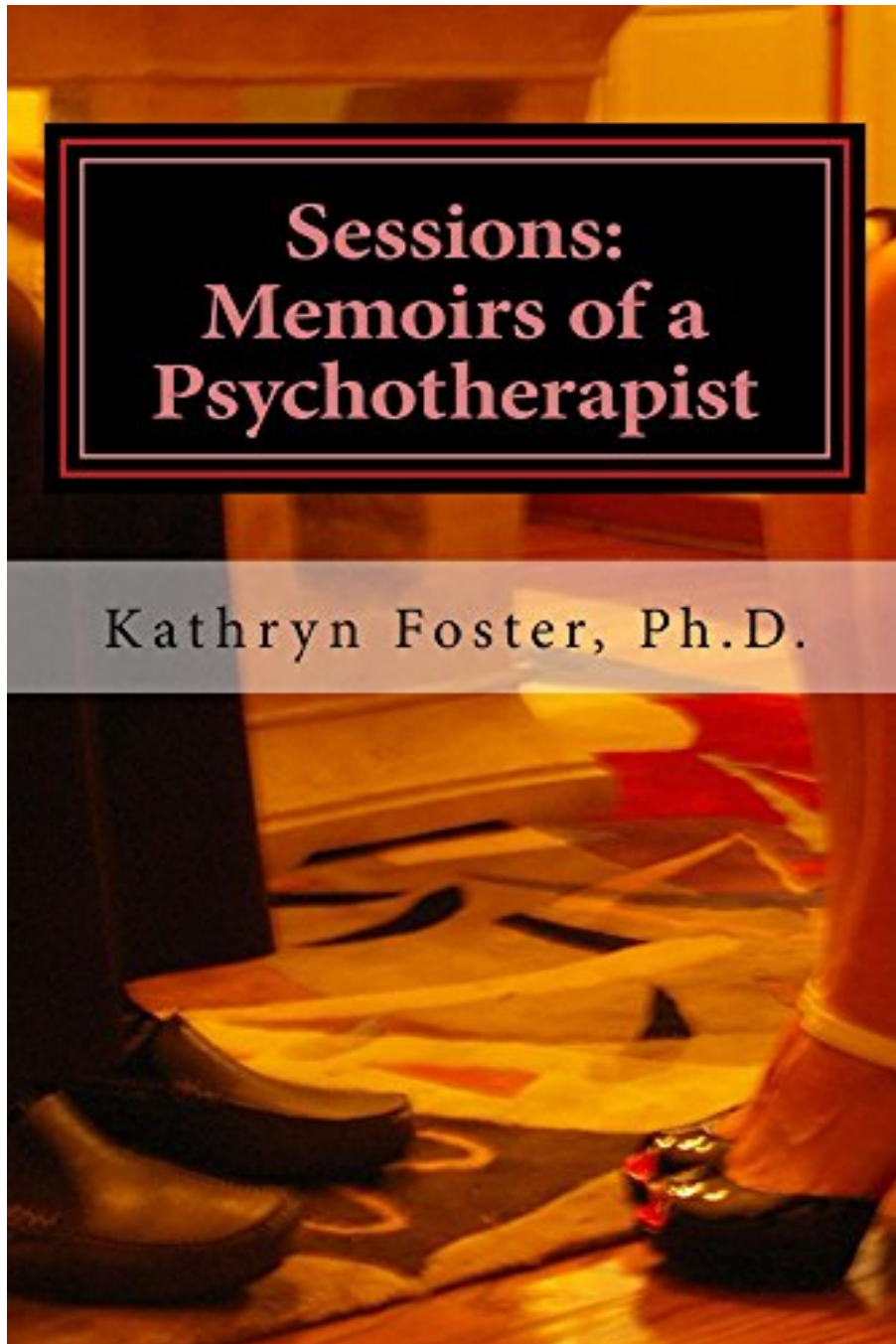


SESSIONS: MEMOIRS OF A PSYCHOTHERAPIST BY KATHRYN FOSTER



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Review

"Foster (*What Women Want....Really!*, 2015, etc.), a psychologist in private practice, opens up the therapist's vulnerability, an intriguing focus. The author expertly shows the tightrope Conrad must walk to prevent her own reactions from interfering with providing proper care.

An absorbing, behind-the-scenes look at the mind and work of a therapist." --Kirkus Review

About the Author

Kathryn Foster, Ph.D., is a psychologist in private practice in Ft Worth, Texas. With a masters degree in marriage and family counseling and a Ph.D. in psychology, she has practiced psychotherapy for 27 years.

She is also the author of another novel of psychological interest: *Finding My Way*. She has written three nonfiction books: *The Naked Truth About Men (And Romance)*, *What Women Want....Really!* (written for men but meant to be read by couples for relationship enhancement,) and *When Your Relationship Changes* (how to find strength when going through a break up.) Contact her through her website at booksbykathrynfosterphd.com,. You are invited to sign up for her newsletter.

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Dr. Addy Conrad, psychologist, encounters the ethical minefield common to private practice. Susan, a professional and mother with whom Addy identifies, is torn by a traumatic childhood. But Susan is more complex than what originally met the eye, having colorful interior personalities, and one tragic disclosure plants Addy squarely in a quandary.

Her peak challenge, though, is Michael, a striking but narcissistic surgeon, who finally discards his emotional hide-and-seek to disclose his raw pain. At times, Addy waivers under his seduction, especially as her own marriage falters. She warms to Michael as he reveals his vulnerable, undone psyche. His flirting is intermingled with genuine therapeutic work, leaving Addy swaying, as if on a precarious high wire.

A serpentine client, Carmen, reeking of cigarettes, snags Addy's old memories of her mother's death by cancer. Countertransference—where the therapist projects someone onto the client—grips her. A beloved former professor helps her disentangle her own unprocessed feelings from that of Carmen's.

Dr. Conrad courts a growing unease for her friend, Dr. Sebastian Courtney, her intellectual idol. After working with his first severely abused client, he suffers from night terrors. She intuits that he is in danger beyond what he is disclosing. He has, in fact, slipped into secondary post traumatic stress disorder--taking on the pain and symptoms of his client. In a risky gambit, and partly blinded by her own attachment to him, she takes matters into her own hands.

A testament to the human spirit, *Sessions: Memoirs of a Psychotherapist*, will challenge as much as it entertains you.

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Most helpful customer reviews

4 of 4 people found the following review helpful.

love and survival

By Liz

"Sessions: Memoirs of a Psychotherapist" gives the reader an extraordinary view of a psychologist's life. The book relates a series of stories of compassion, courage and human experience, all seen through the eyes of the psychologist. The stories speak of suffering, the human capacity to endure, and self-transformation for the sake of life, love and survival. Dr. Foster also portrays remarkable relationships between therapist and client. She shows the struggles of the psychotherapist as she endeavors to help each individual's personal growth, setting aside her own challenges for the sake of others. I found myself fully emerged in each story. The characters are vivid and full of life. I have a greater admiration for mental health professionals as a result of reading this book. Thank you, Dr. Foster, for a wonderful read.

3 of 3 people found the following review helpful.

The insights, observations and emotional experiences of a Psychotherapist

By Oscar Blanco

My impressions of Psychotherapy had always been shaped by some of the movies I have watched over the years. I imagined that going to a therapist was a lot like Tony Soprano's visits to his psychiatrist, although there are many variations of therapy, which I learned when reading Kathryn Foster's book. In her book

"Sessions: Memoirs of a Psychotherapist", I had come to discover that getting psychological help can be a lot like talking to a friend – a friend specially trained to help you through the tough times. When you may engage in certain actions without knowing why, and those actions can make you feel bad. That alone might be enough to lead you toward therapy. In therapy, you can then start to disentangle all of the factors that may be affecting what you do to help you understand why you may be feeling bad about some of your actions and why you may not feel bad about other actions when perhaps you should.

While I have always know that therapists are specially trained to deal with a broad range of issues on an academic level and are paid professionals, I've come to discover that most become therapists because they genuinely have a need to help people. So even though you know that you are talking with someone who gets paid to help you, I take comfort in knowing that most therapist really want to help you feel better. What I found so uniquely different and highly interesting in her book is the personal issues that the Psychotherapist must deal with when treating their patients. I would venture to say that most mental health professionals agree that the profession is inherently hazardous. It takes superhuman strength for most people just to listen to a neighbor moan about his lousy marriage for 15 minutes. Psychologists, of course, enter the profession by choice. Based on the insights that was offered in her book, I look forward to reading Kathryn's other published work.

3 of 3 people found the following review helpful.

An elegant style mixed with suspense

By Robyn Conley

Kathryn Foster's gift of layering both imagery and emotion amidst her prose invites us into a world seldom witnessed: the delicate hard work of a psychotherapist, balancing technical savvy with genuine care and guidance. Foster is a master of detail, without losing the reader in boggy description. Her authentic characters remind us of real people we've met--and the suspenseful undercurrent with Michael keeps us turning pages with fervor.

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