



The Talking Cure: The Science Behind Psychotherapy

By Susan C. Vaughan

Download now

Read Online ➔

The Talking Cure: The Science Behind Psychotherapy By Susan C. Vaughan

Vaughan, Susan C., M.D. Many therapists and their patients find that the traditional talking therapy still offers the best hope for long-term relief from depression and other psychological ailments. This is especially true for people who worry about the side effects of Prozac and other similar drugs. Now Dr. Susan Vaughan offers compelling evidence, based on new scientific research, that the process of talking with a trained therapist actually alters the way the brain's neurons are connected and effects permanent, positive changes in how we interact with the world.

Dr. Vaughan interweaves stories from therapy sessions with cutting-edge research results. She shows how interpreting dreams, free-associating, and attention to childhood experiences have an impact on the structure of our brain. Anyone who, for one reason or another, questions the value of long-term drug therapy will welcome the alternative approach presented here.

 [Download The Talking Cure: The Science Behind Psychotherapy ...pdf](#)

 [Read Online The Talking Cure: The Science Behind Psychothera ...pdf](#)

The Talking Cure: The Science Behind Psychotherapy

By Susan C. Vaughan

The Talking Cure: The Science Behind Psychotherapy By Susan C. Vaughan

Vaughan, Susan C., M.D. Many therapists and their patients find that the traditional talking therapy still offers the best hope for long-term relief from depression and other psychological ailments. This is especially true for people who worry about the side effects of Prozac and other similar drugs. Now Dr. Susan Vaughan offers compelling evidence, based on new scientific research, that the process of talking with a trained therapist actually alters the way the brain's neurons are connected and effects permanent, positive changes in how we interact with the world.

Dr. Vaughan interweaves stories from therapy sessions with cutting-edge research results. She shows how interpreting dreams, free-associating, and attention to childhood experiences have an impact on the structure of our brain. Anyone who, for one reason or another, questions the value of long-term drug therapy will welcome the alternative approach presented here.

The Talking Cure: The Science Behind Psychotherapy By Susan C. Vaughan Bibliography

- Sales Rank: #1468685 in Books
- Brand: Brand: Holt Paperbacks
- Published on: 1998-04-15
- Original language: English
- Number of items: 1
- Dimensions: 8.30" h x .61" w x 6.26" l,
- Binding: Paperback
- 224 pages

 [Download The Talking Cure: The Science Behind Psychotherapy ...pdf](#)

 [Read Online The Talking Cure: The Science Behind Psychothera ...pdf](#)

Editorial Review

Amazon.com Review

The fact that Woody Allen has spent a lifetime in psychotherapy has convinced many people who need help that talking it out with a therapist is pointless when drugs can do the same job, only quicker. But *The Talking Cure* makes a strong argument in favor of psychoanalytically based psychotherapy. Susan Vaughan, a veteran researcher, asserts that talking itself can change neural pathways in the brain (she says that instead of *Listening to Prozac* we should be *Talking to Neurons*), leading to permanent, positive change, sometimes in conjunction with drugs, sometimes without.

From [Booklist](#)

Psychoanalyst Vaughan believes patients should know how psychotherapy works. Her basic theme is that psychotherapy can change the connections of the brain's neurons. She says the story of each individual's life is unique and the way in which people tell their story is of vital importance to their understanding of self and to the treatment developed by the therapist. Caring and sensitive, Vaughan uses several case histories to demonstrate her methods, which include changing her thinking and approach as the patient's personality and relationships with self and others become more apparent through the telling of stories. Long-term therapy is especially valuable, she says, because it fosters self-analysis and because it gives a patient the time needed for practicing newly learned skills and enough opportunities to express strong emotions in safe surroundings. Vaughan's book is thought-provoking and informative, despite the meagerness of the scientific underpinnings implied by its subtitle. *William Beatty*

From Kirkus Reviews

"I am a microsurgeon of the mind," announces the author, in this unusually engaging presentation of her theory about how psychotherapy alters the way the brain operates and thus how the mind works. Vaughan, a psychiatrist and NIMH research fellow at the New York State Psychiatric Institute, is a gifted explicator of scientific concepts. Here she draws on research in cognitive science, neurobiology, and developmental psychology to back up her theory about the effects of psychotherapy on the human brain. Vaughan proposes that a network of neurons in the cerebral cortex functions as a "story synthesizer" that shapes our approach to relationships in daily life, and that the connections between these neurons are rewired through intensive, psychoanalytically oriented psychotherapy. Well-crafted descriptions of sessions with patients in her private practice provide the framework within which she develops her theory and describes the research that she believes substantiates it. Data about the neural pathways of sea slugs, anxiety in monkeys, and the neurobiology of infants alternate with passages revealing her thoughts about and interactions with her patients. Clear and precise when it needs to be, Vaughan's writing is informal without being chatty. She has the knack of seeming to converse directly with the reader, and she can turn a memorable phrase: "For most people . . . medication changes how they feel, but psychotherapy is what changes what their lives are like." What she is doing here is fusing two positions in psychiatry--the biological approach, which explains mental disorders in terms of the brain and advocates medication to correct the disorder, and the psychological approach, which sees talk therapy as the answer. Whether her theory meets with the approval of her professional colleagues remains to be seen. Meanwhile, she has given the general reader a highly readable explanation of how one psychotherapist views her work. Especially interesting to those who have experienced psychotherapy or are considering it. -- Copyright ©1997, Kirkus Associates, LP. All rights reserved.

Users Review

From reader reviews:

Lori Johnson:

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to learn everything in the world. Each guide has different aim or maybe goal; it means that e-book has different type. Some people sense enjoy to spend their the perfect time to read a book. They are reading whatever they acquire because their hobby is usually reading a book. Consider the person who don't like studying a book? Sometime, man or woman feel need book once they found difficult problem or exercise. Well, probably you will need this The Talking Cure: The Science Behind Psychotherapy.

William Meadows:

The ability that you get from The Talking Cure: The Science Behind Psychotherapy is the more deep you searching the information that hide in the words the more you get interested in reading it. It does not mean that this book is hard to be aware of but The Talking Cure: The Science Behind Psychotherapy giving you thrill feeling of reading. The copy writer conveys their point in specific way that can be understood by means of anyone who read that because the author of this publication is well-known enough. This specific book also makes your own vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We advise you for having that The Talking Cure: The Science Behind Psychotherapy instantly.

Jillian Diaz:

As we know that book is significant thing to add our expertise for everything. By a reserve we can know everything you want. A book is a list of written, printed, illustrated or blank sheet. Every year had been exactly added. This guide The Talking Cure: The Science Behind Psychotherapy was filled in relation to science. Spend your free time to add your knowledge about your science competence. Some people has several feel when they reading a new book. If you know how big benefit of a book, you can experience enjoy to read a book. In the modern era like right now, many ways to get book you wanted.

Alexander Goodman:

What is your hobby? Have you heard this question when you got scholars? We believe that that issue was given by teacher with their students. Many kinds of hobby, All people has different hobby. And also you know that little person just like reading or as reading become their hobby. You must know that reading is very important and also book as to be the matter. Book is important thing to add you knowledge, except your own teacher or lecturer. You discover good news or update about something by book. Different categories of books that can you go onto be your object. One of them is niagra The Talking Cure: The Science Behind Psychotherapy.

**Download and Read Online The Talking Cure: The Science Behind
Psychotherapy By Susan C. Vaughan #RY5QW4IBZFH**

Read The Talking Cure: The Science Behind Psychotherapy By Susan C. Vaughan for online ebook

The Talking Cure: The Science Behind Psychotherapy By Susan C. Vaughan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Talking Cure: The Science Behind Psychotherapy By Susan C. Vaughan books to read online.

Online The Talking Cure: The Science Behind Psychotherapy By Susan C. Vaughan ebook PDF download

The Talking Cure: The Science Behind Psychotherapy By Susan C. Vaughan Doc

The Talking Cure: The Science Behind Psychotherapy By Susan C. Vaughan Mobipocket

The Talking Cure: The Science Behind Psychotherapy By Susan C. Vaughan EPub