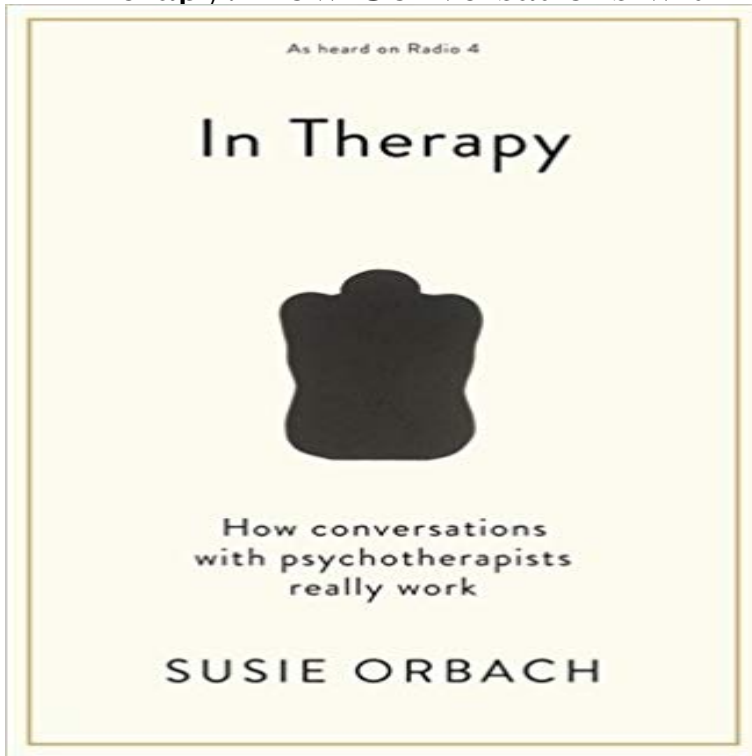


# In Therapy: How Conversations with Psychotherapists Really Work



In the UK alone, 1.5 million people are in therapy. They go to address past traumas, to break patterns of behaviour, to confront eating disorders or addiction, to talk about relationships, or simply because they need to find out more about what makes them tick. Susie Orbach, the bestselling author of *Fat is a Feminist Issue* and *Bodies*, has been a psychotherapist for over forty years. Here, she explores what goes on in the process of therapy - what she thinks, feels and believes about the people who seek her help - through five dramatised case studies. Replicating the improvised dialogue of the radio series as a playscript, Orbach offers us the experience of reading along with a session, while revealing what is going on behind each exchange between analyst and client. Insightful and honest about a process often necessarily shrouded in secrecy, *In Therapy* is an essential read for those curious about, or considering entering, therapy.

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