

## Inside The Session What Really Happens In Psychotherapy

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### Inside The Session What Really

Inside the Session Wachtel chose to include his commentary primarily to show, as the teaching took this book is meant to be, exactly how a therapist's mind works while he or she is in session. Textbook examples disregard this as well, choosing to write their final, polished thoughts at the end of the session when everything feels like it adds up.

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