

Psychotherapy
A Very Short Introduction
By Tom Burns and Eva Burns-Lundgren

Questions for Thought and Discussion

- What is the difference between psychotherapy, psychology and psychiatry?
- How is counselling different from psychotherapy?
- How do psychotherapists and counsellors train? Is there a qualification?
- What are the three main processes in psychoanalysis?
- Freud made a dramatic U-turn about the cause of neurosis. Do you think he was right?
- What does an 'interpretation' in psychoanalysis attempt to link together?
- Psychoanalysis divides the structure of the mind into three parts. What are they and how do they interact?
- How did Jung's theory and practice differ from Freud's?
- What are the three vital qualities that all psychotherapists need irrespective of their type of practice?
- Does psychotherapy only suit a special type of person? What type?
- What are the key distinguishing features of the three time-limited therapies described here (CAT, SFT and IPT)?
- How do you think our early experiences could influence our later behaviour and relationships?
- How is Cognitive Behaviour Therapy (CBT) radically different from most other therapies and counselling?
- CBT identifies three layers of thinking – what are they and which does it focus on most?
- What are the advantages of group and family over individual therapy?
- How limited is psychotherapy to our narrow Western world-view?
- How has the rise of psychotherapy altered our society? What do you think has been good about it and what not so good?
- Do you think we will still need psychotherapy in 50 years' time?

Other books by the author:

Psychiatry: A Very Short Introduction (Oxford University Press 2006)

For further reading, please see the back of *Psychotherapy: A Very Short Introduction*