



# Psychotherapy Of Neurotic Character

*David Shapiro*

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## **Psychotherapy Of Neurotic Character** David Shapiro

Shapiro's keenness of observation and profound clinical wisdom are once again in evidence, as he brings to bear his brilliant ideas about neurotic character on the actual conduct of psychotherapy. The therapeutic material, argues Shapiro, consists not merely of what the patient provides but of the patient. Pay attention not only to the words, Shapiro says, but also to the speaker. Shapiro's highly original view of the dynamics of neurosis emphasizes subjective experience and revises classical conflict theory. The therapist's goal is to introduce the patient to himself and thus to end the self-estrangement that characterizes neurosis. In a series of eloquent chapters, richly illustrated with clinical vignettes, he elaborates this view, exploring such topics as the process of change, the psychology of "raising consciousness," and the therapeutic relationship. No therapist, regardless of persuasion, will fail to be enlightened and inspired by this essential contribution to the field.

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