



# How Psychotherapy Really Works

*Willard Gaylin*

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**How Psychotherapy Really Works** Willard Gaylin

**Decodes the mysteries of the therapeutic process**

How does therapy work? Can "talking" truly precipitate a change in behavior? Why do therapists rely so heavily on childhood experiences? Does the past really affect the present? Drawing on more than 30 years of experience as a psychotherapist, analyst, and teacher, Dr. Gaylin addresses the fundamentals of the therapeutic process in *How Psychotherapy Really Works*, an enlightening tour through one of the most misunderstood sciences of our times.

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