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## In my Shrink's Head

How to Choose a Therapist

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Author: Sylvie Wieviorka

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Psychiatrists inspire mistrust: aren't they manipulative? And how can you be sure you've picked the right one?

In this well-intentioned and enlightening book, Dr. Sylvie Wieviorka provides tips to guide readers toward knocking on the right doors. What are the important questions to ask yourself before seeking treatment? What kind of therapist do I need (psychiatrist, psychotherapist, psychoanalyst)? What are the advantages and limitations of various treatments? Through actual case studies, she ushes us behind closed doors into the fascinating relationships between psychotherapists, their patients, and what's in their heads: questions, doubts, and answers.

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