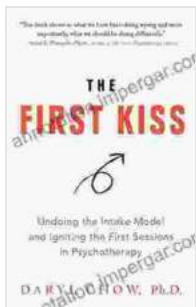


Undoing the Intake Model and Igniting First Sessions in Psychotherapy

Transforming the Way We Begin Therapy

The intake model, a long-standing tradition in psychotherapy, has become a significant barrier to building strong therapeutic relationships and achieving optimal outcomes. This model, which typically involves a lengthy assessment process, can create a sense of distance and formality between the therapist and client, making it difficult to establish a genuine connection.



The First Kiss: Undoing the Intake Model and Igniting First Sessions in Psychotherapy by Daryl Chow Ph.D.

★★★★☆ 4.8 out of 5

Language	: English
File size	: 5942 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 254 pages
Lending	: Enabled



In this groundbreaking book, renowned psychotherapist Michael Milton challenges the conventional intake model and introduces a revolutionary approach to first sessions that ignites the therapeutic process from the very beginning. Drawing on his extensive clinical experience and research, Milton provides a practical roadmap for therapists to:

- Create a welcoming and engaging atmosphere that fosters trust and collaboration
- Use open-ended questions and active listening to understand the client's unique story and perspective
- Identify the client's strengths, motivations, and goals
- Develop a collaborative treatment plan that empowers the client to take an active role in their recovery

Empowering Therapists to Create Meaningful Connections

Milton's approach is rooted in the belief that first sessions should be a time of connection, collaboration, and empowerment. By using the intake model and embracing a more human-centered approach, therapists can create a powerful foundation for lasting therapeutic change. This book provides therapists with the tools and strategies they need to build strong therapeutic relationships, engage clients in meaningful conversations, and ignite the transformative power of psychotherapy.

Case Studies and Practical Strategies

Throughout the book, Milton shares compelling case studies that illustrate the transformative power of his approach. These real-life examples provide readers with a deep understanding of how to apply the book's principles in their own practice. The book also includes a wealth of practical strategies, including:

- Techniques for creating a welcoming and safe environment
- Guidelines for conducting open-ended interviews

- Methods for identifying client strengths
- Sample treatment plans

A Must-Read for Therapists of All Levels

Whether you are a seasoned therapist looking to enhance your practice or a new therapist eager to build strong therapeutic relationships from the start, "Unng the Intake Model and Igniting First Sessions in Psychotherapy" is an essential resource. This book will change the way you approach first sessions and empower you to create a more engaging and effective psychotherapy experience for your clients.

Testimonials

"Michael Milton has written a masterpiece. This book is a game-changer for psychotherapy. It provides a clear and practical roadmap for therapists to create meaningful connections with their clients from the very first session."

- Dr. Jonathan Shedler, Clinical Professor of Psychiatry, University of Colorado School of Medicine

"Milton's approach is a breath of fresh air in the field of psychotherapy. By challenging the traditional intake model, he empowers therapists to build strong therapeutic relationships and ignite the transformative power of therapy." - Dr. Leslie Greenberg, Distinguished Research Professor of Psychology, York University

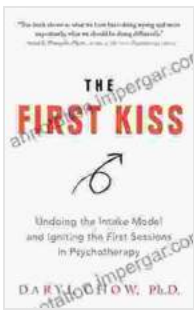
About the Author

Michael Milton is a licensed clinical psychologist and the founder of the Center for Contextual Change in New York City. He is a leading expert in the field of psychotherapy and has trained thousands of therapists

worldwide. Milton is the author of numerous books and articles on psychotherapy, including "Unng the Panic Button: A Step-by-Step Guide to Lasting Relief from Panic Attacks." For more information, visit his website at www.michaelmilton.com.

Free Download Your Copy Today!

Don't miss out on this groundbreaking book that will revolutionize the way you approach first sessions in psychotherapy. Free Download your copy today at Our Book Library or your favorite bookseller.



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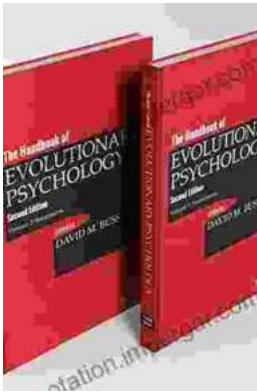
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