



Transforming Aggression: Psychotherapy with the Difficult-to-Treat Patient

Frank M. Lachmann

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Resources of empathy, humor, and creativity are needed by both the therapist and the patient to transform chronic, eruptive expressions of anger and transcend the tendency to violence. The task of therapy is to develop these resources. Dr. Frank M. Lachmann, eminent clinician, teacher, and researcher, offers help to clinicians working with difficult-to-treat patients. Creative, encouraging, and optimistic, this book offers therapists a refreshing perspective and invaluable clinical help.

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