



# A Personal Journey Through Psychotherapy: A Case Study Revisited

*Susan M. Fereday*

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## **A Personal Journey Through Psychotherapy: A Case Study Revisited** Susan M. Fereday

This book is a personal account of the enduring value of an appropriate psychotherapeutic intervention, and is set within the author's lifespan to date. It is also a unique view of how it feels to be the subject of a published case study. Following a long period of resistance to the therapeutic process, a direct channel to the author's unconscious is established via the art of the written word. It is a first person, chronological account of the psychological signposts that relentlessly point the author toward an unavoidable therapeutic encounter, one that will ultimately have the strength to contain her frightening experience of mental disturbance. The reader is afforded the opportunity to watch the story unfold, and to draw their own academic conclusions. Some of the psychological processes are presented in 'real' time, and will help to illustrate the link between experience, theory and practice in psychotherapy.

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