



CHANGING WITH PSYCHOTHERAPY
Monique Brillon

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Everyone has heard about psychotherapy, but few people know how it works. How can meeting regularly with a psychotherapist cause people to change their perception of themselves, improve their relationships with others, overcome depression or be less anxious—in short, to feel better about themselves? How does a psychotherapist assist in this process?

In essence, psychotherapy is a two-person journey, where the patient and psychotherapist work together. The change process involves many factors in relation to three intersecting elements: the psychotherapist's relational and emotional skills, the patient's characteristics and the relationship that develops between them.

Psychologist Monique Brillon decodes the foundations of this key psychiatric medicine tool, based on her lengthy clinical experience and the most recent results of research in both the neurosciences and psychology. She presents in a neutral way the various scientific methods currently used, as well as their effects on patients' psyches. She also explains the nature of psychotherapists' work, as well as the aim and effects of their interventions.

Strong points

- Book for the general public, written for those considering psychotherapy who have already asked themselves, "How does it work?"
- The concepts are clearly explained and very well written for a popular audience.
- The author's tone is neutral and non-judgmental, with no particular stance taken.

Monique Brillon is a doctor in psychology. She practiced psychotherapy with children and adults for forty years. She is now devoted to the training and supervision of psychotherapists.