

### *What is Psychotherapy?*

The essential ingredient of effective psychotherapy is the authentic communicative relationship offered to the client by the psychotherapist. The sole concern of the therapist is to maintain a communicative intimacy. Therapy thus becomes uniquely nonmanipulative, nonauthoritarian, nondirective, and no – demands, the only condition for its process being the communicative presence and interest of the therapist.

The goal is to improve the ability to communicate in a genuine manner, which is done by helping to face essential “aleness” and to feel more responsible for one’s own behavior. The struggle against seeing oneself as an individual is the core of every psychopathology. A person is usually not confronted with aleness except when he or she must make a decision and take action.

The therapist helps the client feel responsible for his or her words by confronting defenses (resistances) as manifested in behavior. The therapist’s activity is to point out how the client defends himself or herself from awareness of true feelings, impulses, and motives, thus providing the opportunity to develop new ways of dealing with such problems as domination, submission, decision-making, liking and disliking, which we all must resolve in all of our relationships.

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