



The Trouble with Therapy: Sociology and Psychotherapy

Peter Morrall

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An increasing number of people are engaging in therapy. As a consequence there is a growing debate about the benefits of therapy and its place in global society.

In this exciting and engaging new text Peter Morrall argues that therapy should be treated with healthy scepticism and provides a compelling, contemporary, and controversial argument as to how we should construct a sceptical view.

In an engaging style akin to authors such as Oliver Burkeman, Stan Ferudi and Alain de Botton, the author offers a sociology *of* psychotherapy as well as placing sociology *in* therapy. The author explores the links between therapy and science, therapy and power, therapy and reality, madness and normality, and personal misery and the values of global society.

The author asks questions about therapy and the "therapy culture" of the modern day. Is therapy dysfunctional, arrogant, selfish, abusive, infectious, insane and deceitful?

The author illustrates different aspects of therapy using a troubled character called Heather, who undergoes therapy and features in vignettes throughout the book.

This innovative, engaging, and compelling analysis of therapy is a wake-up call about therapy. It is essential reading for anyone interested in psychotherapy, counselling, sociology or the human condition.

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