



# Psychotherapy and Politics (Perspectives on Psychotherapy series)

*Nick Totton*

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## **Psychotherapy and Politics (Perspectives on Psychotherapy series) Nick Totton**

This stimulating book explores the long-standing relationship between psychotherapy and politics and argues that from the beginning psychotherapy has had a political face.

Documenting instances where ideas from psychotherapy have been incorporated into the political agenda, the book demonstrates the practical value of psychotherapy as an instigator of social and political change. Related to this, attempts to understand and evaluate political life through the application of psychotherapeutic concepts are examined.

The author poses a number of key questions, including: What is human nature? Are aggression and violence innate in us? Is the therapeutic relationship inherently unequal? And, is the political an a

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