



# A Safe Place: Laying the Groundwork of Psychotherapy

*Leston Havens*

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## **A Safe Place: Laying the Groundwork of Psychotherapy** Leston Havens

Drawing on his rich experience within psychiatry, Leston Havens takes the reader on an extraordinary journey through the vast and changing landscape of psychotherapy and psychiatry today. Closely examining the dynamics of the doctor-patient exchange, he seeks to locate and describe the elusive therapeutic environment within which psychological healing most effectively takes place.

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