

COUCH FICTION

A GRAPHIC TALE OF PSYCHOTHERAPY



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Resumo de Couch Fiction: A Graphic Tale of Psychotherapy

Ever wanted an insight into counseling? Or wished you could be a 'fly-on-the-wall' in a psychotherapy session? "Couch Fiction" allows you to peep through the key-hole of the therapy room door and, more than that, read the minds of the protagonists...

Based on a case study of Pat (our sandal-wearing, cat-loving psychotherapist) and her new client, James (an ambitious barrister with a potentially harmful habit he can't stop), this graphic novel follows the anxieties, frustrations, mind-wanderings and break-throughs of each, through a year of therapy sessions together.

Beautifully illustrated and accompanied by succinct and illuminating footnotes, this book offers a witty and thought-provoking exploration of the therapeutic journey, considering a range of skills, insights and techniques along the way."

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