

*“Life is too short, and often our psychological pain is too great, to lose months or years working with brands of therapy that won’t help you. This book will give you the knowledge you need to make the right choice for getting the help you need—now.”*

—MATTHEW MCKAY, PH.D.,  
Author of *Thoughts & Feelings*

#### Did You Know...

- Anxiety disorders are the most common of mental health problems, affecting 18% of the adult population.
- Eating disorders will affect approximately 5% of all adults at some point in their lives.
- Different mental health experts may have differing opinions on which therapy works best for different disorders.
- A 1989 found that interpersonal therapy and CBT were as effective as antidepressants for treating mild to moderate depression.
- Rose Kennedy, the elder sister of President John F. Kennedy, underwent a lobotomy when she was twenty-three years-old.

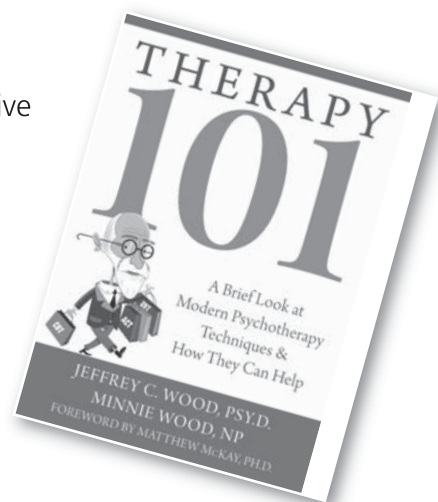
## THERAPY 101

A Brief Look At Modern Psychotherapy Techniques  
and How They Can Help

JEFFREY C. WOOD, PSY.D., AND MINNIE WOOD, NP

A light-hearted, fun, and informative look at  
psychology’s most effective (and misguided)  
treatment methods

Cognitive behavioral therapy, dialectical behavior therapy, interpersonal therapy, acceptance and commitment therapy, positive psychology—there is a dizzying variety of treatments available for those considering therapy, so how is a consumer to choose? Psychodynamic therapy won’t help you overcome your panic disorder, and positive psychology won’t help someone who suffers from a personality disorder, so how does one decide which therapist and which therapy will work for them?



Psychologist Jeffrey Wood and nurse practitioner Minnie Wood offer **Therapy 101** as a solution. A consumer’s guide to psychotherapy, the book explains the history of modern treatments for psychological disorders, how they work, what problems they are most likely to help, and how and why these modern therapies differ from classic psychology, such as Jung and Freud.

Humorous and easy-to-read, **Therapy 101** includes information on which therapies are proven-effective and which are of no value to anyone (lobotomy or rebirthing, anyone?), helping readers to avoid investing financially and emotionally in something that will not improve their mental health.

Equipped with **Therapy 101**, readers are in a powerful position to make informed decisions about their mental healthcare and to make positive changes in their lives.

FOR AN INTERVIEW  
REQUEST or MORE  
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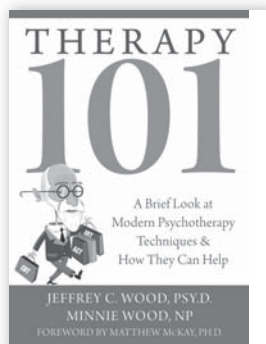
By Jeffrey C. Wood, Psy.D., and Minnie Wood, NP

Foreword by Matthew McKay, Ph.D.

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## QUOTE

*“We all need to become educated consumers of psychological treatments. The time has come to demystify psychological therapy and to let you know what treatment works for your particular problem so you can go out and get it.”*

—FROM *THERAPY 101*

## ABOUT the AUTHORS

**Jeffrey C. Wood, Psy.D.**, lives and works in the San Francisco Bay Area. He specializes in cognitive behavioral treatments for depression, anxiety, trauma, and chronic pain, as well as assertiveness and life-skills coaching. Wood is a part-time professor at the Wright Institute, a clinical psychology graduate school, in Berkeley, CA. He is author of *Getting Help* and coauthor of *The Dialectical Behavior Therapy Skills Workbook*.



**Minnie Wood, NP**, is an adult nurse practitioner. She is a primary care provider at a community health center in San Francisco where she also provides case management services to patients with chronic pain, substance abuse, and mental health issues.

## INTERVIEW QUESTIONS

- Who would you say is the ideal audience for your book?
- When should someone begin to consider therapy?
- Why is it important to understand that there are different types of therapy, and to know which your therapist will be using?
- What are a few of the most widely used forms of psychotherapy described in your book? Why are these forms so popular?
- In your book you provide information on electroconvulsive therapy (ECT). Most people would balk at ECT, but you say it's a valid form of treatment. How does it work?
- In your chapter on “failed” therapies you discuss some treatments that are cringe-worthy, at best. Could you explain the premise behind the lobotomy, primal therapy, and rebirthing, and why they don't work?

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