



Roadblocks on the Journey of Psychotherapy

Jane S. Hall

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Once a journey for self understanding has begun, there is inevitably a struggle against real change. Inner roadblocks on both sides of the couch impede the journey of psychoanalytic psychotherapy, and these roadblocks are what the book is about. The pressure to repeat the past in the present, including the attachments to pain and the difficulty of letting go of abusive relations (both internal and external) are enemies of growth and change. These roadblocks (resistances) and the forms they take are explored and illustrated in this book.

A Jason Aronson Book

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