

# **Better and Wiser through Psychotherapy. 31 Patients Tell it Themselves.** (Second edition, 2021, 2022)

<https://gompel-svacina.eu/product/beter-en-wijzer-door-psychotherapie-31-patienten-vertellen-het-zelf/>

In psychoanalytic annals, much can be read about patients and their treatment. Extremely rarely, however, do we hear their own stories. This book answers this gap and is an outlier in the *Current Psychoanalytcs* series. This book features 31 patients who tell us how they experienced their psychotherapeutic process. It emerges that they feel undeniably better and wiser due to psychotherapy. Most even better and wiser than ever before

## **Endorsements**

*“Between a brilliant introduction and conclusion, in which Kinet describes what he believes psychoanalytic therapy entails, he makes room for the voices that too often go unheard outside treatment rooms: the voices of patients. Their stories are sometimes moving and compelling, sometimes raw and unpolished; whoever closes this book will involuntarily be left with the thought: these are the stories that matter. Highly recommended for anyone curious about what psychoanalytic therapy can do for a person.”*

Arthur Eaton, PhD, historian, philosopher, psychoanalyst and writer.

*“An original book that shows courage! Rarely does a psychiatrist-author give his patients a chance to describe their unique experience of psychoanalytic treatment. This is done respectfully and ethically. People who have been scarred by life early on and have carried the suffering of previous generations like a backpack describe how their therapy helped them. Kinet shows how the psychoanalytic approach provides support, inspires hope, instils insight and leads to recovery. It works! The reader now learns this from the patients themselves.”*

Marc Hebbrecht, former editor-in-chief of Tijdschrift voor Psychoanalyse – Journal of Psychoanalysis

*“The testimonies of the patients in this book are rich and varied in their articulation of the experience of their therapy trajectories, the common thread being the combination of (semi-)residential and outpatient psychotherapy, Kinet's trademark. Their honesty and courage grace them. Especially now that the - also social - importance of mental health care in general and psychotherapy, in particular, is receiving more attention, the patients' voice is an important contribution to the debate. At the same time, the therapeutic power of psychoanalysis comes along in a nuanced and realistic way, transcending the stereotypical and sterile polarisation between vilification and idealisation. I believe the book will appeal to a broadly interested audience. The framing texts in kinetic style are also accessible to the layman.”*

(Michel Thys, former editor-in-chief of Tijdschrift voor Psychoanalyse – Journal of Psychoanalysis)

*“A psychoanalytic practice illustrates the power of words when someone is listening. Psychoanalytic authors illustrate professional listeners' frustration- they want to have their say. This book combines both. Kinet lets people tell about their psychoanalytic journey and frames the stories in his reading of psychoanalytic grandmasters. It has turned out to be a successful marriage.”*

Paul Verhaeghe, professor emeritus U.Gent, psychologist, psychoanalyst and author of numerous books translated into more than ten languages.

## **Reviews**

*“Want to know what psychotherapy, particularly psychoanalytic therapy, entails and can do for someone? Then Mark Kinet's latest book is highly recommended. In it, he lets patients tell how they experienced their psychotherapeutic process, while as a psychiatrist, he frames their stories in general terms. Not that the efficacy of psychotherapy is scientifically controversial today, but nothing works more convincingly than patients' voices. And as the book title suggests, their candid testimonies show that patients feel helped by therapy. Convincing”*

(Review Ann Swerts in Knack Bodytalk, November 2021)

*“The book is an interesting and complementary perspective to make the work of psychoanalytic processes more insightful, better understood and possibly evaluated. I recommend it to both the novice and the more experienced therapist. The fact that all patients were given free space to reflect on their experience is a great merit of this book. (...) The kaleidoscopic perspective of the book is rich, does justice to the subjective nature of the analytic process and is in line with the scientificity of the detailed description of individual phenomena, as Freud has done before us.”*

(Review Kristel Bleyen, Tijdschrift voor Psychoanalyse - Journal of Psychoanalysis January 2023)