



Paraverbal Communication in Psychotherapy: Beyond the Words

By James M. Donovan, Kristin A. R. Osborn, Susan Rice



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Paraverbal Communication in Psychotherapy: Beyond the Words delves into the world of nonverbal cues that are ubiquitous in our lives and particularly revealing in therapeutic practice. Building upon the research of Daniel Stern, Beatrice Beebe, and others, the authors explore the specific manner in which patient and therapist interchange para-verbally in psychotherapy. The authors examine the history of and current trends in dynamic psychotherapy and discuss the tools and procedure for analyzing para-verbal communication. By reviewing engaging case studies from their own practices, the authors step through how therapists and clinicians can capture non-verbal signs like facial expression, tone of voice, or posture in their own sessions. By examining both the client and therapist, practitioners can discover insights into their own techniques, how they engage with clients, and how to anticipate significant changes in treatment based on para-verbal exchanges. *Paraverbal Communication in Psychotherapy* navigates through the web of unspoken communication to create an innovative approach to psychotherapy and a valuable tool for practitioners and those in training.



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Editorial Review

Review

This ground breaking volume discusses the latest wave in psychodynamic psychotherapy. It presents a historical view of the last two decades of therapy where the field has evolved from a focus on object relations theory to relational therapy.... This book is thought provoking on many levels and will likely be a valuable source for both trainees and seasoned therapists. (*New England Psychologist*)

“Reading this volume will enhance your therapeutic efforts regardless of your preferred approach. Donovan, Osborn, and Rice’s collaboration resulting in this landmark work, *Paraverbal Communication in Psychotherapy*, offers us deep insight into the often-ignored realm of what transpires nonverbally in healing relationships. This represents a must-read for beginning and seasoned psychotherapists.” (Jeffrey J. Magnavita, PhD, ABPP, author of *Unifying Psychotherapy: Principles, Methods, and Evidence from Clinical Science*)

“In this creative and forward-looking volume, Donovan, Osborn, and Rice make a persuasive case for the important role of paraverbal communication in psychotherapy. Be it posture, tone, facial expression or emotions, these extra-verbal ways by which therapist and client or members of a couple relate to each other receive the theoretical, clinical, and research attention they merit. Therapists of all theoretical persuasions will learn helpful new ways to understand and relate to their clients through the fascinating, often verbatim case studies presented. I recommend this gem of a book most enthusiastically.” (Stanley B. Messer, PhD, Rutgers University)

About the Author

James M. Donovan, PhD, is associate professor in the department of population medicine at Harvard Medical School, Boston, MA.

Kristin Osborn, LMHC, is the Director of Harvard Medical School Psychotherapy Research Program, Harvard Medical School at Beth Israel Deaconess Medical Center, Boston, MA.

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