

For Immediate Release

Patricia R Frisch, PhD, MFT  
The Orgonomic Institute of Northern California  
415-388-0622  
[assist@orgonomictherapy.com](mailto:assist@orgonomictherapy.com)  
<https://orgonomictherapy.com/>

## **Groundbreaking Book on Psychotherapy Introduced as a Guidebook to an Effective, Integrated Therapeutic Method that Includes a Mind/Body Approach**

Mill Valley, CA, November 15, 2017 – A must-read guidebook for psychologists, psychiatrists, mental health and medical professionals, *Whole Therapist, Whole Patient: Integrating Reich, Masterson, and Jung in Modern Psychotherapy*, by Patricia R Frisch, PhD, MFT, will be available in February, next year.

Published by Routledge/Taylor & Francis, a leading academic publisher in the Humanities and Social Sciences, Dr. Frisch's book has been described as a primer that speaks directly to therapists and imparts definitive trail posts to the unwieldy path of psychotherapy.

“As a psychologist in private practice for over 30 years, I describe the profound experience of witnessing and engaging in the raw depths of people's lives and relationships and discuss the soul of the work including the challenging aspects and the fierceness required,” said Dr. Frisch. “I discuss therapist's reactions and our inner shadowy feelings that come with the territory and guide the therapist as to how to use our reactions effectively. The book incorporates a multitude of interventions that are quite powerful. The overriding purpose of the book is to speak directly to therapists and offer a nuts-and-bolts guide on all aspects of treatment from the first phone call to termination resulting in increased skill levels as well as support and clarity about a variety of challenges that all therapists face, Case vignettes give precise examples of character types, difficult patient scenarios and bring alive the challenges and successes in the therapist's office.” she concluded.

Beginning with the timeless clinical methods of Wilhelm Reich and the development of his mind/body approach, through his theories of Character Analysis, Healthy Sexuality, and Orgone Energy, Frisch leads the reader on a path toward health for the authentic self. Supported by the teachings of Carl Jung and James Masterson, she makes a strong case for the controversial theories of her clinical mentor, Reich.

Moving beyond Reichian theories that are the foundation of her therapeutic model, Frisch goes on to explore the work of James Masterson on personality disorders; as they relate to character types, character resistances, and defense analysis, which have been taught at the Masterson institute and are the foundations of The Masterson Approach. Further, she

outlines the procedures the therapist must employ in order to determine the nature of the patient's dynamics, including core issues, character type, and character defenses.

"As I delved into *Whole Therapist, Whole Patient*, I knew I had encountered an eminently sane, organized and thoughtful primer on the proper approach to the practice of psychotherapy. At the same time, I also realized that a book of this breadth and depth could only have been written by a seasoned therapist who was herself an intelligent, compassionate and fully integrated human being," writes Judith Pearson, Ph.D., Director, International Masterson Institute, in her forward to the book.

Expanding on the best-practice use of interventions in psychotherapy, Dr. Frisch combines her own acute sensibility with the work of Carl Jung, providing the reader with a comprehensive guide to understanding and interpreting dreams and the contribution of the "objective psyche" in support of the patient's individuation process.

Integrating these various theories into a whole, Dr. Frisch explores the use of bodywork in therapy. In formulating her views on mind/body therapy, she provides the reader with a detailed overview of Reich's theories, as he describes the ways in which the patient's pathology becomes manifest in the body, and the techniques that can be employed to heal the mind through healing the body.

Far more than a theoretical treatise, Dr. Frisch offers a step-by-step primer for the practice of contemporary mind/body psychotherapy, detailing the roles of both therapist and patient, with expectations for, and from, each.

Graduate students who wish a clear, concise, easy-to-read clinical guide to working with patients in their practicum and internship sites and are pursuing professional training will find great value in *Whole Therapist, Whole Patient*, as will those planning to obtain licensure to practice in the fields of psychology, marriage and family therapy, and social work across various states and internationally.

Licensed practitioners will benefit from using these guidelines when setting up their practice and will learn how to diagnose character types, how to treat each type and know what to expect. This group includes Psychologists, Psy.D.'s, Psychiatrists, Marriage and Family Therapists, Social Workers, Nurses,, and others.

In February of 2018, psychologists, psychiatrists, mental health and medical professionals will be pleased to know that the hard-won fruits of experience from a practicing psychologist, teacher and mentor will be made available in the book, ***Whole Therapist, Whole Patient: Integrating Reich, Masterson, and Jung in Modern Psychotherapy***, by Dr. Patricia R. Frisch. It includes an easy-to-read, step-by-step methodology for treating the whole patient while supporting the whole therapist.

The reader is introduced to Wilhelm Reich, the father of somatic psychology and character analysis, James Masterson M.D. and Carl Jung. Dr. Frisch's innovative method integrates these theoreticians for the first time, creating a clear typology of character types that can be utilized as a handy guide to understanding yourself and your patients.

Patricia Frisch, Ph.D., psychologist, MFT, is an expert in Wilhelm Reich's character analytic and somatic approach, known as Orgonomy. She has created her own unique method, integrating Masterson and Jung with Reich, that defines the nuts and bolts of clinical practice. As founder and Director of The Orgonomic Institute of Northern California (OINC), she supervises and trains professionals in Orgonomy: character analysis, somatic interventions, diagnostic typologies, and enhanced clinical skills at her own facility and at clinics in the Bay Area. She led workshops at Esalen® Institute for 10 years. Dr. Frisch has created a comprehensive audio training program, which provides long-distance learning and certification options to students throughout the U.S. and internationally. She authored the Orgonomy (Reichian Therapy) chapter of SAGE Publications' (2015) Encyclopedia of Theory in Counseling and Psychotherapy and published a video through SAGE (2015). She maintains an active private practice in Mill Valley, California.

###