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Bad Therapy

From *Bad Therapy* by Abigail Shrier

43 - Bad Therapy Step 1: “Teach Kids to Pay Close Attention to their Feelings”; Step 2: “Induce Rumination”; Step 3: “Make ‘Happiness’ a Goal but Reward Emotional Suffering”; Step 4: Affirm and Accommodate Kids’ Worries; Step 5: Monitor, Monitor, Monitor; Step 6: Dispense Diagnoses Liberally; Step 7: Drug ‘Em; Step 8: Encourage Kids to Share Their “Trauma” (talking about trauma doesn’t help? See below); Step 9: Encourage Young Adults to Break Contact with “Toxic” Family; Step 10: Create Treatment Dependency

58 - Instead of talking it out, a better approach involves "accepting you've been harmed and acknowledging that only you can make a difference," without pressing people to talk about their pain. But [Richard Byng] admits "that's quite difficult to pull off."

60 - “One of the most damaging ideas to leach into the cultural bloodstream, according to [Joshua] Coleman, is that all unhappiness in adults is traceable to childhood trauma. Therapists have made endless mischief from this baseless and unfalsifiable assertion.”

72 - “task orientation” instead of “state orientation”

152 - Quoting Jordan Peterson: “There’s no difference between thinking about yourself and being depressed and anxious. They are the same thing.”

162 - Young people “disbelieve they can trust each other or handle conflicts themselves. They slide into the habits of ‘grudge informants...’” They gain some measure of control by punishing others.

MY THOUGHTS

What can I force my kids to do that is hard or uncomfortable?
What can I force my students to do?

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