

Ever wondered what really happens in a psychiatrist's therapy session? What's the difference between a psychiatrist and a psychologist? Why has society made so little progress in helping those with mental illness?

More than 100 years ago, Sigmund Freud began his pioneering work in the new field of medicine known as psychiatry. Today, there is still a great deal of myth and mysticism about what psychiatrists actually do.

How Shrinks Think charts the evolution of psychiatry through the last century and debunks the misconceptions about modern practice.

Written from personal experience and with genuine passion for her craft, Dr. Helen Schultz offers a frank and balanced perspective on this controversial and misunderstood area of medicine.



Settle yourself on the couch and take a journey into the psychiatrist's office to learn what really goes on.



Dr. Helen Schultz is a consultant psychiatrist with a private practice in Melbourne, Australia. She is an experienced educator and coach within her field, and has advocated for the mental health needs both of her patients and her fellow doctors.

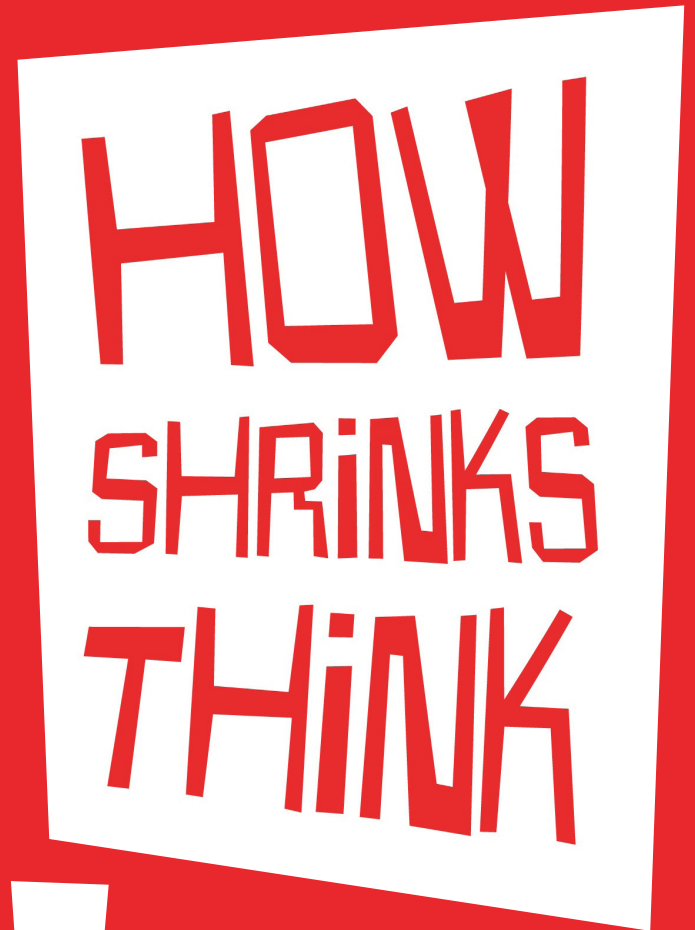
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HOW SHRINKS THINK

Dr. Helen Schultz



An insight into modern-day psychiatry

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