



# The Myth of Psychotherapy: Mental Healing as Religion, Rhetoric, and Repression

*Thomas Szasz*

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[Read by Robin Lawson]

This intriguing book undercuts everything you thought you knew about psychotherapy.

Until recent years, "bad" and "immoral" were the terms used to describe people who are now referred to as "sick" and "in need of treatment." Moral and religious perspective has been replaced by medical and therapeutic rhetoric. It is little wonder why the world is plagued by legions of rapists, drug users, murderers, thieves, and child abusers, all of whom are now referred to as having one form or another of "addiction" and are thus either "sick" or suffering from "mental illness." Accordingly, modern psychotherapists claim that these are in need of specialized "therapy" or "treatment" to help them "cope with their disease." Moral relativism, bolstered by psychotherapy, has prevailed over the traditional ideas of self-control, individual responsibility, and moral culpability. Thomas Szasz moves to demythologize psychotherapy itself in a most provocative manner.

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