



Alone in the Mirror: Twins in Therapy

Barbara Klein

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Alone in the Mirror: Twins in Therapy chronicles the triumphs and struggles of twins as they separate from one another and find their individuality in a world of non twins. The text is grounded in issues of attachment and intimacy, and is highlighted by Dr. Barbara Klein's scholarly research, clinical experiences with twins in therapy, and her own identity struggles as a twin, all of which allow her to present insights into the rare, complicated, and misunderstood twin identity. She presents psychologically-focused real life histories, which demonstrate how childhood experiences shape the twin attachment and individual development, and she describes implications for twins in therapy, their therapists, and parents of twins. Unique to this book are effective therapeutic practices, developed specifically for twins, and designed to raise the consciousness of parents as well. Readers will find these practices and the insights within invaluable, whether they use them to communicate with twin patients, family members, or if they are part of a twinship themselves.

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