

Dr. Michael Levittan, Top Psychotherapist/Media Expert, Provides Fascinating Reasons Why He Loves Being a Therapist

LOS ANGELES, CA, UNITED STATES, March 27, 2024 /EINPresswire.com/ -- [Dr. Michael Levittan](#), a highly acclaimed media consultant and psychotherapist, outlines the top ten reasons why he enjoys being a therapist. In a thoughtful exploration of his experiences, Dr. Levittan sheds light on the multifaceted aspects of his role, articulating the profound reasons contributing to his genuine affection for the therapeutic journey.

Here are Dr. Levittan's top ten reasons why he loves being a therapist:

1. One's best work emerges when feeling good. Thus, it becomes imperative to maintain a positive mood as part of the job.
2. Optimal performance is achieved in a state of relaxation, underscoring the importance of self-care to calm the body and mind, which is crucial for the job.
3. During sessions, putting aside personal needs and stressors is essential, exemplifying professionalism by prioritizing service to others.
4. One finds themselves in a situation where both parties desire honesty.
5. Involved in a scenario where trivial matters are bypassed, the focus remains solely on what is meaningful.
6. Remaining open-minded to the patient's current presentation demands flexibility and



Dr. Michael Levittan

complete presence, often resulting in delightful surprises.

7. A wonderful opportunity exists to nurture feelings of compassion, care, and even love for the patient.

8. Continually practicing empathy allows for gaining more experience in bridging the invisible wall that separates individuals.

9. Engaging in a process to aid the patient's growth, deep involvement naturally provides opportunities for personal growth.

10. Striving to make a meaningful difference in someone else's life to the best of one's abilities.

To find out more about Dr. Michael Levittan and his services, click here:

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