

INTENSIVE THERAPY

A Novel by Jeffrey Deitz

Reading Guide

- *Intensive Therapy* includes multiple flashbacks to the 1980s. How are these glimpses into the past helpful for understanding who Jonas and Victoria are in the present?
- How does Victoria benefit from therapy? Does she become overly dependent on Jonas? How does Jonas benefit from sessions with Victoria?
- In chapter 7, Jonas stands up to Dr. Fowler telling him, “This analysis has become a joke.” How does this act of defiance and the end of Jonas’s therapy with Dr. Fowler shape the kind of doctor Jonas ultimately becomes? What role does Victoria play in Jonas’s decision to end his therapy?
- Is Victoria really in love with Jonas? Is she seeking companionship and attention, a father-figure, or Jonas’s romantic love?
- Does Jonas’s relationship with Victoria cross the boundaries of the accepted doctor-patient relationship? How does Jonas walk the line between friend and doctor, and does he ever cross the line?
- What makes Jonas an effective therapist?
- Despite having the same parents, Gregory and Melinda are very different people. How do you account for their differences?
- Is anyone at fault for Gregory’s accident? Was such a climax in the family’s dynamic inevitable and/or necessary to move forward in a positive way?
- What role do bridges play in the story?
- Why do you think Dr. Amernick confesses his secret about Marta’s miscarriage to Jonas?
- Classical music plays a supporting role throughout *Intensive Therapy*. Why does this music resonate so strongly with Jonas—is it more than his musical background? Could it just as easily have been jazz? How is music a narrative device in creating Jonas’s identity and moving the story forward?
- Compare and contrast Jennie and Victoria and the influence each woman has on Jonas.