Textbook Of Transpersonal Psychiatry And Psychology

Textbook of
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Transpersonal
TRANSPERSONAL
Psychiatry and
PSYCHIATRY AND
Psychology
PSYCHOLOGY

Edited by

BRUCE W. SCOTTON, M.D.

ALLAN B. CHINEN, M.D.

JOHN R. Bon Auto Tin Lin STA, M.D.

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著者:Scotton, Bruce W. (EDT)/ Chinen, Allan B. (EDT)/ Battista, John R. (EDT)

出版者:Basic Books

出版时间:1996-5-17

装帧:Hardcover

isbn:9780465095308

This important new book brings together the work of top scholars and clinicians at leading universities and medical centers on the benefits and risks of transpersonal therapy. After comparing a variety of multicultural approachesZen Buddhism, existential phenomenology, and Christian mysticism, among many othersthe book offers a wealth of information on specific disorders and the application of transpersonal psychology techniques such as visualization, breathwork, and past lives" regression. With solid scholarship, wide scope, and accessible style, Textbook of Transpersonal Psychiatry and Psychology will become the standard work for students, researchers, clinicians, and lay readers interested in extending psychiatry and psychology into sciences that describe the functioning of the human mind, thereby building bridges between those disciplines and spirituality.

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