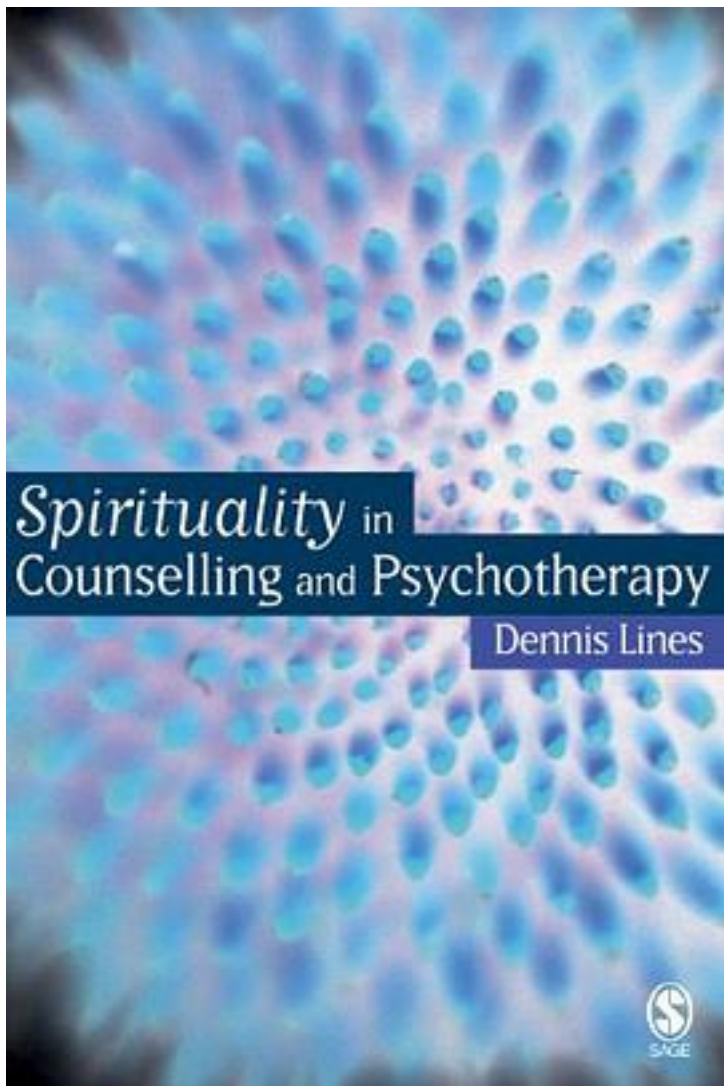


Spirituality in Counselling and Psychotherapy



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著者:Lines, Dennis

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'[Spirituality] has been traditionally 'taboo' within the counselling and psychotherapy profession. Denis Lines comes into this controversial scene with a rigorous-but-gentle, mystical-but-grounded, inspiring and thought-provoking voice!. The book is well written and presents the model in the context of other therapeutic modalities, which makes it interesting and useful for therapists from different backgrounds and practice settings. It could also be of use for those involved in religious education, pastoral care or anybody interested in the spiritual development of the self or the existential quest of humankind' - Therapy Today 'This gentle, mystical, empirical and scholarly book is truly inspirational and it deserves the widest possible readership among therapists, religious educators and all those who care about the spiritual destiny of humankind' - Professor Brian Thorne, Co-founder The Norwich Centre and Emeritus Professor of Counselling, University of East Anglia Spirituality in Counselling and Psychotherapy explores the idea that throughout the course of a therapeutic relationship between therapist and client, a spiritual level is reached by the two people involved. The author shows how this dimension can help clients who are living in an increasingly secular and faithless society to find some resolution with the issues they bring to therapy. By exploring different perspectives on religion and spirituality, the book provides therapists with the grounding they need to introduce spiritually-centred counselling into their practice. It describes the characteristics of spiritual counselling and covers practical considerations such as: " recognising indications from the client to move into a spiritual mode of therapy " exploring the 'self' through spiritual work within the therapeutic process, and how this can lead to healing and growth " how to deal with doubt and scepticism over issues of spirituality. The book is illustrated throughout with transcripts and case studies to show how therapists can integrate the spiritual within their own approach to therapeutic work. It will be invaluable to all those who wish to explore this dimension in their work with clients.

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