

The Heart of Healing



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著者:Jeffrey A. Kottler

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The Heart of Healing is a comprehensive exploration of the essence of healing in human relationships - whether between a shaman and tribesmember, between clergy and parishoner, or a therapist and client - that pushes beyond traditional and limiting theoretical models toward a deeper, broader understanding of how to harness, enhance, and apply this powerful phenomenon to achieve its fullest potential in diverse clinical settings. Drawing on cross-cultural and interdisciplinary empirical research and numerous revealing case studies from their own therapy practices, the authors present a variety of innovative models for understanding and fostering relationships with clients that engender constructive change - and that can be used regardless of theoretical orientation, cultural background, or clinical setting. Pulling together the essential threads that weave the intricate fabric of the client-therapist relationship, they examine through first-hand accounts how the personal relationships, characteristics, and cultural biases of both the client and therapist affect their interactions during the therapy process, as well as influence relationships in their personal lives. They describe the conceptual building blocks of a healing encounter - including authentic engagement, projected images, and interactional patterns - and show how each of these can promote or impede a healthy and effective relationship.

作者介绍:

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