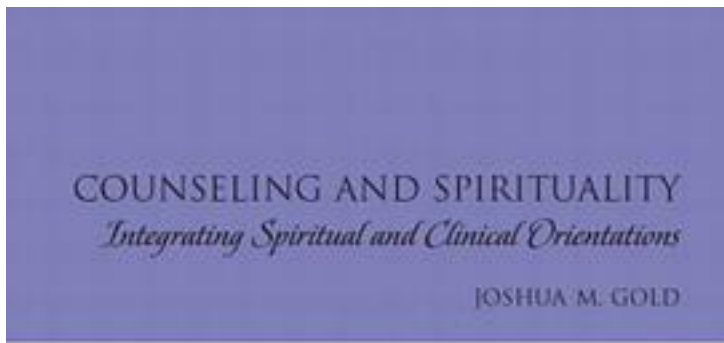


Counseling and Spirituality



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出版者:

出版时间:2009-2

装帧:

isbn:9780132393133

Innovative and reflective, the first edition of Counseling and Spirituality strives to integrate the spiritual and clinical perspectives of counselors in order to successfully support clients' religious or spiritual journeys through utilizing appropriate knowledge and interventions. With cultural concerns such as religion and spirituality quickly

becoming of growing importance and interest in the helping professions, this book serves to define varieties of spiritual beliefs, assess spiritual wellness, and apply theory- and practice-based approaches to individualized spiritual counseling situations. Throughout the 15 chapters of the text, author Joshua Gold helps current and future counselors alike to contemplate how they see religion and spirituality in their own lives and to appraise how their own spirituality sways who they are as clinicians and what they do in the provision of mental health services for their clients.

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