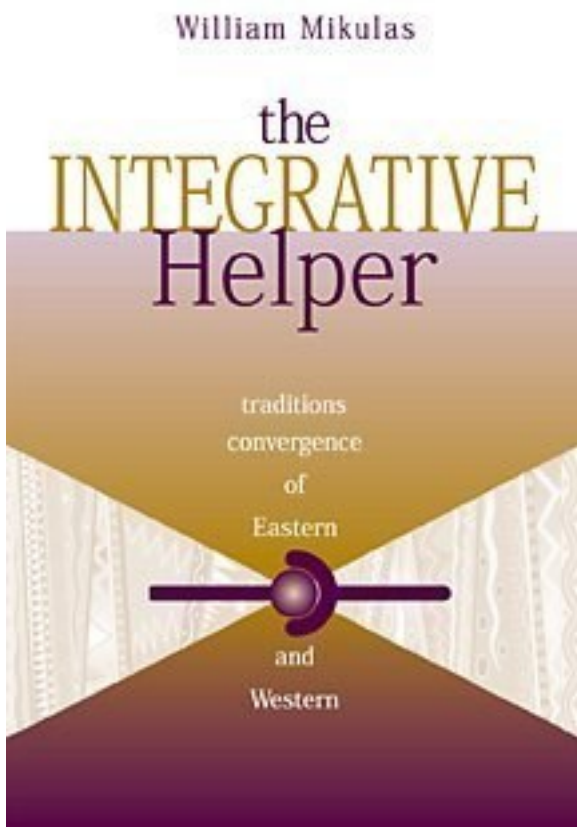


The Integrative Helper



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The goals of this text include providing a practical overview of the fundamental dynamics of human behavior and consciousness; highlighting important contributions from world perspectives currently not yet well-known in Western psychology; helping readers develop their own integrated understanding of psychology and helping processes; and identifying optimal knowledge and skills. As such, the text provides a cutting-edge presentation on integrative, alternative techniques for human behavior

change agents. The author includes hot topics such as mind-body issues, meditation, spirituality, and eastern approaches.

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