

Awakening The Heart East West Approaches To Psychotherapy And The Healing Relationship

Awakening the Heart John Welwood 1983-11-12 Can a meditative practice assist and promote the healing relationship between psychotherapist and patient? The notable contributors to this practical book draw on a wide range of Eastern and Western disciplines—psychoanalysis, Gestalt, Aikido, and various Christian, Hindu, and Buddhist contemplative traditions—to show that it can. What they propose is a meeting between the Western psychotherapeutic approach—grounded in working with the personal problems and the need to carve out a strong awareness of self—and Eastern tradition, which emphasizes a larger kind of awareness and equanimity as a continuously available source of clarity and health for those who know how to find it. They show that joining psychotherapy with meditation can mutually awaken the hearts of both therapist and client, sparking them both to open more fully. Jacob Needleman, Erich Fromm, Robin Skynner, Ram Dass, Karl Sperber, Roger Walsh, Chögyam Trungpa, and Thomas Hora are among the contributors.

Toward a Psychology of Awakening John Welwood 2002-02-12 How can we connect the spiritual realizations of Buddhism with the psychological insights of the West? In *Toward a Psychology of Awakening* John Welwood addresses this question with comprehensiveness and depth. Along the way he shows how meditative awareness can help us develop more dynamic and vital relationships and how psychotherapy can help us embody spiritual realization more fully in everyday life. Welwood's psychology of awakening brings together the three major dimensions of human experience: personal, interpersonal, and suprapersonal, in one overall framework of understanding and practice.

Brilliant Sanity (Volume 1, Revised & Expanded Edition) Francis J. Kaklauskas 2021-08-25 *Brilliant Sanity: Buddhist Approaches to Psychotherapy and Counseling (Volume 1: Revised and Expanded Edition)* brings together influential scholars and practitioners who have studied and practiced at the intersection of Buddhism, psychotherapy, and counseling, including Karen Wegela, Mark Epstein, Han F. de Wit, Ed Podvoll, Jeff Fortuna, Robert Walker, Farrell Silverberg, Chuck Knapp, Dale Asreal, and others. *Brilliant Sanity* draws particularly from the Mahayana and Vajrayana Buddhist traditions that emphasize the importance of individuals being of benefit to others and the world. This revised and expanded edition comes 13-years after the release of the widely successful first edition and includes four new chapters. The majority of the original chapters have been updated drawing upon advances in theory and research. In this new volume, increased attention is given to multicultural and social justice perspectives as well. The introduction and 24 chapters in this new edition are essential reading for students and experienced practitioners interested in Buddhist psychotherapy and counseling.

Indigenous Healing Psychology Richard Katz 2017-12-19 Connecting modern psychology to its Indigenous roots to enhance the healing process and psychology itself • Shares the healing wisdom of Indigenous people the author has worked with, including the Ju/'hoansi of the Kalahari Desert, the Fijians of the South Pacific, Sicangu Lakota people, and Cree and Anishnabe First Nations people • Explains how Indigenous perspectives can help create a more effective model of best practices in psychology • Explores the vital role of spirituality in the practice of psychology and the shift of emphasis that occurs when one understands that all beings are interconnected Wherever the first inhabitants of the world gathered together, they engaged in the human concerns of community building, interpersonal relations, and spiritual understanding. As such these earliest people became our “first psychologists.” Their wisdom lives on through the teachings of contemporary Indigenous elders and healers, offering unique insights and practices to help us revision the self-limiting approaches of modern psychology and enhance the processes of healing and social justice.

Reconnecting psychology to its ancient roots, Richard Katz, Ph.D., sensitively shares the healing wisdom of Indigenous peoples he has worked with, including the Ju/'hoansi of the Kalahari Desert, Fijians native to the Fiji Islands, Lakota people of the Rosebud Reservation, and Cree and Anishnabe

First Nations people from Saskatchewan. Through stories about the profoundly spiritual ceremonies and everyday practices he engaged in, he seeks to fulfill the responsibility he was given: build a foundation of reciprocity so Indigenous teachings can create a path toward healing psychology. Also drawing on his experience as a Harvard-trained psychologist, the author reveals how modern psychological approaches focus too heavily on labels and categories and fail to recognize the benefits of enhanced states of consciousness. Exploring the vital role of spirituality in the practice of psychology, Katz explains how the Indigenous approach offers a way to understand challenges and opportunities, from inside lived truths, and treat mental illness at its source. Acknowledging the diversity of Indigenous approaches, he shows how Indigenous perspectives can help create a more effective model of best practices in psychology as well as guide us to a more holistic existence where we can once again assume full responsibility in the creation of our lives.

Living Authentically: Daoist Contributions to Modern Psychology Livia Kohn 2011 Living Authentically brings together classical scholars of Daoism, professors of psychology, practicing psychologists, medical doctors, and alternative practitioners to explore different Daoist concepts of the mind and its transformations in relation to various schools of modern psychology. The book explores how Daoism can help us live in the world sustaining relationships, and educating children, in a stress-free, truly authentic way. Book jacket.

Shadows & Light (Volume 2: Talks & Reflections) Francis J. Kaklauskas 2020-06-10 *Shadows & Light: Theory, Research, and Practice in Transpersonal Psychology* is a groundbreaking 2-volume series covering many essential topics in transpersonal psychology. *Shadows & Light (Vol 2)* builds on the tradition of transpersonal psychology to cover vital contemporary psychological topics ranging from mindfulness, creativity, compassion, and the real world application of the integration of spirituality and psychology. The range of topics and contributors is broad, diverse, and inclusive and will bring the reader on many inward and outward journeys of human growth and potential. This collection contains talks and reflection pieces that are enjoyable and fascinating in the immediacy of the authors' voices and their messages for the individual and the collective. A wonderful selection of pieces by established leaders such as Charlie Tart, angel Kyodo Williams, Judy Lief, and Roger Walsh as well as influential emergent scholars such as Ian Wickramesekera II, Dan Hocoy, and Louis Hoffman. These volumes are destined to become a classic text in the field.

Time-conscious Psychological Therapy Jenifer Elton Wilson 2003-09-02 Counselors and psychotherapists are divided about the morality and efficacy of short-term psychotherapy and counseling. The model of therapy described *Time-Conscious Psychological Therapy* is based on flexible adjustment to the life pattern of the individual client's development, showing how a carefully structured, stage-based series of therapeutic relationships can be rewarding for both client and therapist. Illustrated throughout by case examples, this is a book for practitioners of all psychological therapies who are looking for a rigorous but flexible approach to empowering their clients.

Supervision in Clinical Practice Joyce Scaife 2013-12-19 Since the publication of the first edition of this book supervision has become of even greater significance in health, education and social care settings, with continuing pace in the trend towards mandatory registration, managed care and clinical governance. This fully updated and expanded edition includes new chapters on issues of diversity and the managerial role of the supervisor in context. Packed with practical examples in the key areas of personal and professional development, Joyce Scaife and her contributors draw on three decades of clinical experience to explore frequently encountered dilemmas including: how supervisors facilitate learning the ethical bases of supervision creating and maintaining a good working alliance how supervisors can balance management and supervision roles working equitably in an increasingly diverse and pluralistic world *Supervision in Clinical Practice* offers a range of suggestions for providing supervision that are stimulating, creative and fun, using methods that ensure safe and open practice. It is an indispensable text for supervisors and supervisees who practice clinically in a range of professions, including applied psychology, counselling, psychotherapy, psychiatry, nursing, and social work.

Current Catalog National Library of Medicine (U.S.)

Therapeutic Voicework Paul Newham 1998 Based on Paul Newham's experience as a voice therapist and on his work running a professional training course in the psychotherapeutic use of singing, this text explores both the theory and practice behind the use of voice and singing in expressive arts therapy.

Oriental Enlightenment J.J. Clarke 2002-09-11 What is the place of Eastern thought - Buddhism, Taoism, Hinduism, Confucianism - in the Western intellectual tradition? *Oriental Enlightenment* shows how, despite current talk of 'globalization', there is still a reluctance to accept that the West could have borrowed anything of significance from the East, and explores a critique of the 'orientalist' view that we must regard any study of the East through the lens of Western colonialism and domination. *Oriental Enlightenment* provides a lucid introduction to the fascination Eastern thought has exerted on Western minds since the Renaissance.

Client-centered and Experiential Psychotherapy in the Nineties Richard Balen 1990 This voluminous book of 47 chapters offers a good cross section of what is burgeoing in the field of client-centered and experiential psychotherapy on the threshold of the nineties. it does not represent a single vision but gives the floor to the various suborientations: classics Rogerians; client-centered therapists who favor some form of integration or even eclecticism; experiential psychotherapists for whom Gendlin's focusing approach is a precious way of working; client-centered therapists who look at the therapy process in terms of information-processing; existentially oriented therapists... Remarkable is that - for the first time in the history of client-centered/experiential psychotherapy - the European voice rings through forcefully: more than half of the contributions were written by authors from Western Europe. Several chapters contain reflections on the evolution--past, present, and future--of client-centered/experiential psychotherapy. The intensive research into the process, which had a central place in the initial phase of client-centered therapy, is given here ample attention, with several creative studies and proposals for renewal. In numerous contributions efforts are made to build and further develop a theory of psychopathology, the client's process, the basic attitudes and task-oriented interventions of the therapist. The chapters dealing with clinical practice typically aim at the description of therapy with specific client populations and particularly severely disturbed clients. And finally a few fields are introduced which are new or barely explored within the client-centered/experiential approach: working with dreams, health psychology, couple and family therapy.

Educators, Therapists, and Artists on Reflective Practice Julia Gentleman Byers, 1950- 2004 Byers (expressive arts therapies, Lesley University) and Forinash (music therapy, Lesley University) assemble contributors in arts therapy, education, counseling, and psychiatry to recount the transformative experiences they have had in their relationships with those they mentor and guide. By exploring contemporary concepts in reciprocal learning, they challenge and inspire readers to examine their own engagement in the process of lifelong transformative learning. The book will of interest to students in arts therapy. Annotation b2004 Book News, Inc., Portland, OR (booknews.com).

Integrative CBT for Anxiety Disorders Assen Alladin 2015-12-21 *Integrative CBT for Anxiety Disorders* applies a systematic integrative approach, Cognitive Hypnotherapy (CH), to the psychological treatment of anxiety disorders; it demonstrates how simple techniques can be used to create a therapeutic context within which CBT is more effective. An evidence-based approach to enhancing CBT with hypnosis and mindfulness when treating anxiety disorders shows how simple techniques can be used to create a therapeutic context within which CBT can become more effective. Offers detailed and comprehensive coverage for practitioners, with specific protocols for each anxiety disorders covered and a hort case study per treatment chapter in order to demonstrate the approach in action. Anxiety disorders is an area where the interaction between conscious and unconscious processes is especially important, and where the use of hypnotherapeutic and mindfulness techniques can therefore be especially effective. Builds on the author's research and experience and develops his significant earlier work in this area - notably *Cognitive Hypnotherapy: An Integrated Approach to the Treatment of Emotional Disorders* (Wiley, 2008)

Mindfulness-Based Interventions for Older Adults Carla Martins 2014-07-21 Based on extensive clinical research, this book sheds new light onto how Mindfulness Based Stress Reduction (MBSR) can be used with older adults as an effective complementary intervention, identifying specific ways in which MBSR programmes can be adapted and fine-tuned to meet the needs of this group. Presenting robust new evidence to support the efficacy of MBSR as a holistic therapeutic approach, the author draws interesting and original conclusions about its positive impact on older people's psychological and spiritual wellbeing, physical health, neuropsychological performance, attitudes towards death and dying and overall quality of life. The lived experiences of older adults taking part in an MBSR programme provide rich first-hand insights into the therapeutic process, and the author draws valuable conclusions about ethical considerations and the responsibilities and personal transformation of the MBSR facilitator. Professionals involved in delivering mindfulness-based interventions to older adults, including psychologists, counsellors, spiritual directors and physicians, will find this to be essential reading. It will also be of interest to students, academics and researchers wishing to keep abreast of the latest research and developments in the MBSR field.

Yoga Journal 1984-09 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

The Sanity We Are Born With Chogyam Trungpa 2005-02-01 More and more mental health professionals are discovering the rich tradition of Buddhist psychology and integrating its insights into their work with clients. Buddhist tradition teaches that all of us are born with what Chögyam Trungpa terms "basic sanity," or inherent goodness, health, and clear perception. Helping ourselves and others to connect with this intrinsic ground of sanity and health is the subject of this collection of teachings, which the author gave to Western psychologists, psychotherapists, and students of Buddhist meditation over a number of years. *The Sanity We Are Born With* describes how anyone can strengthen their mental health, and it also addresses the specific problems and needs of people in profound psychological distress. Additionally, the author speaks to the concerns of psychotherapists and any health care professionals who work with their patients' states of mind. The collection includes teachings on: • Buddhist concepts of mind, ego, and intelligence, and how these ideas can be employed in working on oneself and with others • meditation as a way of training the mind and cultivating mindfulness • nurturing our intrinsic health and basic sanity • guidance for psychotherapists and health professionals

Winnicott's Children Ann Horne 2012 This book focuses on how Winnicott has enhanced our understanding of children, and how it has influenced the way in which we that work with them.

Transpersonal Knowing Tobin Hart 2000-07-20 The freshest and most respected thinkers in transpersonal psychology explore the myriad pathways to knowledge.

Handbook of Contemporary Psychotherapy William O'Donohue 2009 *Handbook of Contemporary Psychotherapy* explores a wide range of constructs not captured in the DSM or traditional research but that play important roles in psychotherapy cases. To provide readers with a tool bag of practical techniques they can use in these cases, editors William O'Donohue and Steven R. Graybar present chapters written by leading clinical authorities on such topics as the process of change in psychotherapy, attachment and terror management, projective identification, terminating psychotherapy therapeutically, shame and its many ramifications for clients, dream work, boundaries, forgiveness, the repressed and recovered memory debate, and many others.

Advances in Contemplative Psychotherapy Joe Loizzo 2017-05-08 *Advances in Contemplative Psychotherapy* offers mental health professionals of all disciplines and orientations the most comprehensive and rigorous introduction to the state of the art and science in integrating mindfulness, compassion, and embodiment techniques. It brings together clinicians and thinkers of unprecedented caliber, featuring some of the most eminent pioneers in a rapidly growing field. The array of contributors represents the full spectrum of disciplines whose converging advances are

driving today's promising confluence of psychotherapy with contemplative science. This historic volume expands the dialogue and integration among neuroscience, contemplative psychology, and psychotherapy to include the first full treatment of second- and third-generation contemplative therapies, based on advanced meditation techniques of compassion training and role-modeled embodiment. *Advances in Contemplative Psychotherapy* offers the most profound and synoptic overview to date of one of the most intriguing and promising fields in psychotherapy today.

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Mindfulness in Sexual and Relationship Therapy Lori A Brotto 2015-09-07 Mindfulness represents the most significant shift in the world of counselling and psychotherapy within the last decade. Mindful approaches have been hailed as the 'third wave' of cognitive behavioural-therapy and mindfulness has been recommended - and found to be effective at treating - a wide variety of mental health issues. There has been a proliferation of popular self-help books based on mindfulness approaches, and much debate between western mindfulness practitioners and Buddhist scholars about the ways in which mindful theory and practice is being adapted for western audiences. To date, however, there has been relatively little research or writing considering the potentials of mindfulness for the arena of sexual and relationship therapy. This book aims to address this by bringing together many of the key practitioners and researchers who are working in this area. The book presents a range of perspectives on what mindful theory and practice has to offer to our understandings of, and work with, sex and relationships. This book was originally published as a special issue of *Sexual and Relationship Therapy*.

Nothing to Lose Nigel Wellings 2005-01-01 For all those immersed in the traditions of Christian contemplation there is new understanding derived from the study of Buddhist traditions and the classical schools of psychotherapy. While both Freud and Jung, each in their own way, describe for us a means to expand the boundaries of the personal self, Buddhism challenges the very existence of this self, suggesting that it is the belief in its concrete existence that is at root the cause of all suffering. How then may these two radically different views find a place of meeting? The process involves "emptying out" as expounded by the great Christian mystics--"St. John of the Cross, Eckhart, Julian of Norwich--"and in the process the individual may be helped to cope with the stresses and pitfalls of modern living--"neurotic anxiety, depression, and narcissism.

The Collected Works of Chögyam Trungpa: Volume 2 Chogyam Trungpa 2010-09-28 The *Collected Works of Chögyam Trungpa* brings together in eight volumes the writings of the first and most influential and inspirational Tibetan teachers to present Buddhism in the West. Organized by theme, the collection includes full-length books as well as articles, seminar transcripts, poems, plays, and interviews, many of which have never before been available in book form. From memoirs of his escape from Chinese-occupied Tibet to insightful discussions of psychology, mind, and meditation; from original verse and calligraphy to the esoteric lore of tantric Buddhism—the impressive range of Trungpa's vision, talents, and teachings is showcased in this landmark series. Volume Two examines meditation, mind, and Mahayana, the "great vehicle" for the development of compassion and the means to help others. Chögyam Trungpa introduced a new psychological language and way for looking at the Buddhist teachings in the West. His teachings on human psychology and the human mind are included in this volume.

Being Prayer---Transforming Consciousness Mary Rees 2006 *Being Prayer* offers timeless guidance, a clear, simple, yet personal and challenging path for living fully, in harmony and integrity, with things just as they are. It also provides rich resources for further study based on individual needs and interests.

Clinical Case Management Robert W. Surber 1994 The integration of a broad array of interventions is described in this comprehensive, practical guide for those working with seriously mentally ill adults. It draws on the experience of clients who struggle with severe and disabling problems in a challenging urban environment. The contributors argue that psychological and practical issues are intertwined and therefore such interventions must be delivered concurrently. They also emphasize that understanding and using the resources of a client's culture is critical to the successful

implementation of care, and that families and natural support systems are essential components of the care system.

Cognitive Models and Spiritual Maps Jensine Andresen 2000 This book throws down a challenge to religious studies, offering a multidisciplinary approach - including developmental psychology, neuropsychology, philosophy of mind, and anthropology.

Handbook of Couples Therapy Michele Harway 2005-01-21 The essential guide to successful couples therapy at every stage of the lifecycle A variety of therapeutic interventions can help couples develop the tools for a successful relationship. Yet many practitioners begin seeing couples without extensive training in couples work. To fill this gap in their therapeutic repertoires, noted couple therapist Michele Harway brings together other well-known experts in marriage and family therapy to offer the Handbook of Couples Therapy, a comprehensive guide to the study and practice of couple therapy. The book's chapters provide a variety of perspectives along developmental, theoretical, and situational lines. Recognizing the need for clinically proven, evidence-based approaches, chapters provide detailed coverage of the most effective treatment modes. Couples at different stages of the lifecycle feature prominently in the text, as do relevant special issues and treatment approaches for each stage. Subjects covered include: Premarital counseling from the PAIRS perspective (an extensive curriculum of interventions for premarital couples) The first years of marital commitment Couples with young children Couples with adolescents Therapy with older couples Same sex couples A variety of theoretical approaches, including Cognitive-Behavioral, Object Relational, Narrative, Integrative, and Feminist and Contextual Special issues and situations, including serious illness, physical aggression, addiction, infidelity, and religious/spiritual commitments or conflicts Providing a diverse set of treatment approaches suited to working with a wide range of adult populations, the Handbook of Couples Therapy is an essential resource for mental health professionals working with couples.

The Resonance of Emptiness Gay Watson 2013-11-19 This work presents an exploration of Buddhist philosophy and practice as a potential resource for an approach to psychotherapy which is responsive to the needs of its time and context, and attempts to open up a three-way dialogue between Buddhism, psychotherapy and contemporary discourse to reveal a meaningful theory and practice for a contemporary psychotherapy.

The Wounded Body Dennis Patrick Slattery 2000-01-01 Explores the wounded body in literature from Homer to Toni Morrison, examining how it functions archetypally as both a cultural metaphor and a poetic image.

The Therapeutic Use of Self Val Wosket 2002-05-03 The Therapeutic Use of Self is a groundbreaking examination of the individual therapist's contribution to process and outcome in counselling. Using many powerful case examples and extensive research findings from the author's own work, this book presents the counsellor's evaluation of their own practice as the main vehicle for the development of insight and awareness in to individual 'therapeutic' characteristics. It addresses many of the taboos and infrequently discussed aspects of therapy, such as: * the value of therapist failure * breaking the rules of counselling * working beyond the accepted boundaries of counselling. The Therapeutic Use of Self, will act as a spur to individual counsellors to acknowledge, develop and value their own unique contribution to the counselling profession.

The Handbook of Humanistic Psychology Kirk J. Schneider 2001-05-17 The Handbook of Humanistic Psychology is a landmark in the resurgent field of humanistic psychology and psychotherapy. Their range of topics is far-reaching--from the historical, theoretical, and methodological, to the spiritual, psychotherapeutic, and multicultural. Students and professionals are looking for the fuller, deeper, and more personal psychological orientation that this Handbook promotes.

Rediscovering the West Stephen C. Rowe

The Integral Intake Andre Marquis 2012-05-22 Using formal assessment instruments in counseling and psychotherapy is an efficient and systematic way to obtain information about clients and to subsequently tailor a counseling approach most likely to serve clients optimally. The more

information a counselor obtains during the initial interview and first sessions, the more likely the client will be deeply understood by the counselor, which in turn increases the likelihood that an appropriate course of counseling will be taken, and ultimately leading to a more successful outcome. The Integral Intake is an idiographic, biographical, multidimensional assessment instrument based upon the Integral Psychology pioneered by Ken Wilber. From the perspective of Integral theory, comprehensive and holistic conceptualization of clients seeking counseling and psychotherapy includes knowledge of four distinct perspectives (quadrants) of each client: the client's experience (the individual viewed subjectively/from within), the client's behavior (the client viewed objectively/from without), the client's culture (the client's system viewed subjectively/from within), and the client's social system (the client's system viewed objectively/from without). The intake form is designed to provide the practitioner with a range of background information that can then be used to more quickly and effectively formulate a counseling/treatment approach. The assessment form and accompanying materials will be included on a downloadable resource, formatted to be printed and reproduced for use with each new client. The book will provide an overview of the Integral Psychology model, describe the development of the assessment form and its use, and provide general guidelines for the evaluation of responses and planning for an appropriate counseling approach. A series of case examples, based on actual completed intake forms, will provide insight into the use of the Integral Intake.

Multicultural Encounters Stephen Murphy-Shigematsu 2002-09-19 Counsellors and other mental health professionals are increasingly encountering clients who differ from them in terms of race, culture, and ethnicity. Unfortunately many have not been trained to understand how powerfully culture affects our view of the world. The series on Multicultural Foundations of Counseling and Psychology is an invaluable new resource from Teachers College Press that focuses on multicultural issues in counseling and psychology. The books in this series chart the development of this evolving new field and will help educators, psychologists, counselors, social workers, and other mental health professionals learn to balance culture-universal and culture specific approaches to treat a diverse population. This volume uses fascinating therapeutic encounters to help clinicians understand and respond to the needs of their increasingly diverse clientele. Murphy-Shigematsu urges clinicians to look beyond their assumptions and stereotypes to learn their clients' cultures through eliciting key narratives. Keeping the client and therapist center stage, the author shows the complex ways in which their cultural self-narratives interact.

From Loneliness to Solitude in Person-centred Health Care Stephen Buetow 2022-08-26 This innovative book provides a new conceptual analysis of loneliness - a condition associated with severe health consequences, including increased morbidity and early death. Arguing that social connection is not the only answer, it explores pathways for transforming loneliness to healthy solitude. The first part of the book draws on the humanities and arts, including psychology, philosophy, and literature to analyse the common, and potentially serious, problem of loneliness. It makes the case that the condition is less a deficiency than a state of self-disconnection that modernity feeds through social forces. The second part of the book looks at how person-centred health care can help educate persons to transform loneliness into healthy solitude. It provides an analysis of self-connection and spiritual connection, discussing how these forms of contact can mitigate risks associated with both lack of social connection, and social connection itself, such as self-disconnection and rejection by others. It goes on to demonstrate that connection to the self and spirit can make aloneness a resource and facilitate access to benefits of connecting with others. This thought-provoking book provides students, scholars, and practitioners from a range of health and social care backgrounds with a new way of thinking about, researching, and practising with lonely people.

Journeys East Harry Oldmeadow 2004 *Journeys East* tells the story of the twentieth century's encounters between East and West by exploring the lives of many of the most fascinating scientists, intellectuals, artists, and spiritual seekers of our time.

Metaphors of Interrelatedness Linda E. Olds 1992-01-01 Olds examines the role of metaphor and

models in psychology, science, and religion and argues the case for systems theory as a contemporary unifying metaphor across domains, with particular emphasis on clarifying its potential for psychology.

Meditating with Character Kamalamani 2012-01-27 Meditating with Character invites the reader to get really curious about what goes on in their meditation practice, through understanding their embodying and disembodying habits. These habits and patterns are explored through the lens of character positions, a body of knowledge taken from post-Reichian psychotherapy. This book breaks new ground in weaving together important threads from meditation, body psychotherapy, and Buddhism, encouraging the reader to be more present with their experience of being an integrated body-mind. The tone is warm, immediate and accessible, reflecting the enthusiasm of the author for meditation and life. Reflection exercises are included, supporting the reader to make sense of their unique approach to being a body with their particular history and life strategies. These reflections can help both new and seasoned meditators to either deepen or revive their connection with their practice. Meditating with Character is highly recommended for anyone who is interested in meditation or being more at home in their own skin, both on and off the meditation cushion.

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