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Spirituality in Counseling and Psychotherapy: An Integrative Approach that Empowers Clients

Rick Johnson

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"Written with great clarity and intelligence, this book will be of benefit to all mental health practitioners, students of psychology, and those seeking a better understanding of their own process of psychological and spiritual transformation."
—Tara Brach, PhD, Author of *Radical Acceptance* and *True Refuge*

"In this wonderful book, Rick Johnson weaves together different theoretical perspectives in a way that welcomes religion, spirituality, and nature into the counseling and psychotherapy process. It's a delight to read Dr. Johnson's approach—an approach that teaches therapists how to empathically explore spirituality as an important dimension of human existence."
—John Sommers-Flanagan, PhD, coauthor of *Counseling and Psychotherapy Theories in Context and Practice and Clinical Interviewing*

"Rick Johnson's book *Spirituality in Counseling and Psychotherapy* is a rich introduction to the varied forms in which spiritual suffering enters the consulting room, the range of theories which address or fail to address this need, and specific attitudes and practices through which therapists can provide a non-doctrinal but open encounter with the spiritual needs of their clients."
—James Hollis, PhD, Jungian analyst, and author of fourteen books, among them *What Matters Most: Living a More Considered Life*

A practical integration of psychology and spirituality that builds upon existing psychological theories

While many clients want spiritual and philosophical issues to be addressed in therapy, many mental health professionals report that they feel ill-equipped to meet clients' needs in this area. Providing a model that is approachable from a variety of theoretical orientations, *Spirituality in Counseling and Psychotherapy* supports therapists in becoming open to the unique ways that clients define, experience, and access life-affirming, spiritual beliefs and practices.

Drawing on the author's research into spiritual issues as well as predictors of clients' psychological health, this reflective book presents an integrative approach to discussing the topic of spirituality. An essential resource for mental health professionals of all spiritual and religious persuasions, *Spirituality in Counseling and Psychotherapy* discusses:

- Client-defined spirituality
- Integrating spirituality with psychological theories
- Why clients become spiritually lost
- Practical steps for spiritual health and abundance in therapy
- Helping clients reclaim their real self
- How spiritually oriented therapy helps
- Guidance for therapists in differentiating their spirituality from their clients' to foster a more successful therapeutic relationship

Filled with numerous cases and stories illustrating how spirituality can be a natural and beneficial part of the therapeutic process, *Spirituality in Counseling and Psychotherapy* enables mental health professionals to nonjudgmentally invite a collaborative exploration of the role of spirituality in their clients' lives.

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Johanna Garrett:

Reading a book tends to be new life style in this particular era globalization. With examining you can get a lot of information that may give you benefit in your life. Together with book everyone in this world may share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their particular reader with their story or perhaps their experience. Not only the storyplot that share in the textbooks. But also they write about advantage about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors nowadays always try to improve their skill in writing, they also doing some research before they write to their book. One of them is this Spirituality in Counseling and Psychotherapy: An Integrative Approach that Empowers Clients.

David Martin:

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their own friends. Usually they doing activity like watching television, likely to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could possibly be reading a book could be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the guide untitled Spirituality in Counseling and Psychotherapy: An Integrative Approach that Empowers Clients can be excellent book to read. May be it might be best activity to you.

Lourdes Williams:

People live in this new day time of lifestyle always attempt to and must have the spare time or they will get great deal of stress from both everyday life and work. So , if we ask do people have time, we will say absolutely sure. People is human not really a huge robot. Then we question again, what kind of activity do you possess when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative within spending your spare time, the particular book you have read will be Spirituality in Counseling and Psychotherapy: An Integrative Approach that Empowers Clients.

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