



## **Psychotherapy and Spirit: Theory and Practice in Transpersonal Psychotherapy (Suny Series in the Philosophy of Psychology) (Suny Series, Philosophy of Psychology)**

*By Brant Cortright*

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This volume brings together the major developments in the field of transpersonal psychotherapy. It articulates the unifying theoretical framework and explores the centrality of consciousness for both theory and practice. It reviews the major transpersonal models of psychotherapy, including Wilber, Jung, Washburn, Grof, Ali, and existential, psychoanalytic, and body-centered approaches, and assesses the strengths and limitations of each. The book also examines the key clinical issues in the field. It concludes by synthesizing some of the overarching principles of transpersonal psychotherapy as they apply to actual clinical work.

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## **Editorial Review**

### Review

"The field of transpersonal psychotherapy is growing rapidly and needs a competent overview and assessment of perspectives. Psychotherapy and Spirit meets this need. My guess is that it will be widely consulted not only by transpersonal psychotherapists but also by psychotherapists of other orientations who are open to the spiritual dimension of the psychotherapeutic process." --Michael Washburn, author of *The Ego and the Dynamic Ground, Transpersonal Psychology in Psychoanalytic Perspective*

"Cortright brings together the disparate elements of transpersonal psychology in a way that is unique and profound. I know of no other work that so compellingly summarizes the progress and controversies within this groundbreaking discipline." -- John E. Nelson, M.D., author of *Healing the Split: Integrating Spirit Into Our Understanding of the Mentally Ill*

"This material is central in the training of transpersonal therapists and in the continuing education of more traditionally oriented psychotherapists. Clearly the author's convictions and experience inspire the book, and it will resonate with other clinicians attempting to do transpersonal therapy." -- Arlene Mazak, Institute of Transpersonal Psychology

### About the Author

At the California Institute of Integral Studies, Brant Cortright is Professor of Psychology and Chair of the Integral Counseling Psychology program. He is the author of *Integral Psychology: Yoga, Growth, and Opening the Heart*, also published by SUNY Press.

## **Users Review**

### **From reader reviews:**

#### **Helen Thibodeaux:**

As people who live in the actual modest era should be upgrade about what going on or info even knowledge to make them keep up with the era and that is always change and advance. Some of you maybe will probably update themselves by looking at books. It is a good choice for yourself but the problems coming to you actually is you don't know what kind you should start with. This *Psychotherapy and Spirit: Theory and Practice in Transpersonal Psychotherapy (Suny Series in the Philosophy of Psychology) (Suny Series, Philosophy of Psychology)* is our recommendation to help you keep up with the world. Why, since this book serves what you want and wish in this era.

#### **Ginger Beals:**

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**Daniel Love:**

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