



Spirituality, Religion, and Faith in Psychotherapy: Evidence-Based Expressive Methods for Mind, Brain, and Body

Helen Land

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For decades psychotherapy has avoided addressing the religious or spiritual experience of clients; but as society grows and changes so do the problems wants and needs of individuals seeking help--to continue to overlook the sacred could be to miss out on the greatest source of a client's resiliency or the very root of her problems. There is a measurable value in addressing the psycho-spiritual needs of clients both as a means of practicing cultural-competence in regards to the continually growing diversity among people seeking help and for the sacred's connection with many contemporary issues including trauma and bereavement.

Helen Land uses current research in interpersonal neurobiology to show readers how to integrate religious spiritual and faith content into psychotherapy through the use of evidence-based expressive practices. Using an approach appropriate for both theistic and atheistic clients this book will be an invaluable resource for addressing the holistic health of individuals dealing with trauma bereavement incarceration and addiction as well as counseling for returning veterans.

Features

- a highly-inclusive client-centered assessment model that considers religion spirituality and faith alongside psychological social and biological factors and can be used across theoretical orientations
- in-depth discussion of interpersonal neurobiology based on current research into mind-brain-body connections
- clear distinctions made between spirituality religion and faith and a discussion of how each functions within the life of the client and as an aspect of treatment
- seven expressive treatment methods presented in detail including background underlying theories spiritual and religious relevance instructions for implementation case studies and research findings of each
- case studies of clients from diverse cultural and religious backgrounds that include commentary and analysis

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The reason? Because this Spirituality, Religion, and Faith in Psychotherapy: Evidence-Based Expressive Methods for Mind, Brain, and Body is an unordinary book that the inside of the guide waiting for you to snap this but latter it will zap you with the secret this inside. Reading this book alongside it was fantastic author who write the book in such incredible way makes the content inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you for not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of positive aspects than the other book have such as help improving your proficiency and your critical thinking means. So , still want to hesitate having that book? If I were being you I will go to the book store hurriedly.

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