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Clinical Studies in Transpersonal Psychotherapy (SUNY Series in the Philosophy of Psychology) (Suny Series, Philosophy of Psychology)

Seymour Boorstein

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Clinical Studies in Transpersonal Psychotherapy (SUNY Series in the Philosophy of Psychology) (Suny Series, Philosophy of Psychology) Seymour Boorstein
Demonstrates the dramatic results of blending the traditional with the transpersonal approach to psychoanalysis.

"A simple, clear, easily understood book with lots of clinical examples, written in an open, self-revealing style, which serves as a good introduction to the field." -- Roger Walsh, M.D., Ph.D., author of *The Spirit of Shamanism* and coeditor of *Paths Beyond Ego: The Transpersonal Vision*

In this book, Seymour Boorstein builds upon his classical training as a psychiatrist to show the dramatic results of blending the traditional with the transpersonal approach to psychotherapy. By providing case studies from his own practice that cover the spectrum of traditional psychological categories, he demonstrates the vast possibilities and some of the pitfalls inherent in joining psychotherapy and spirituality and also gives the reader a glimpse into the psychiatrist's mental processes as he considers patients' dilemmas and seeks to help them find solutions. The specific techniques Boorstein describes serve as guideposts for other psychotherapists and clinicians, for laypeople interested in psychological healing, and for spiritual leaders and seekers. Boorstein's message to mental-health practitioners is clear: Transpersonal therapists should make use of the valuable traditional techniques that have proved useful, and traditional therapists should explore the enormous impact spiritual issues have on our lives.

"Bringing transpersonal theory into clinical practice is a new and important development in psychology, and this book is an important beginning in that process. Ken Wilber's Foreword is excellent." -- David Nichol, M.D., psychiatrist in private practice

"Dr. Boorstein has developed a simple yet elegant approach to transpersonal psychotherapy. He has a direct communication style which simplifies a complex topic. He honors his psychoanalytic training, and presents cases from that diagnostic approach. He develops an understandable transpersonal intervention criteria using Vipassana meditation, Buddhist theory, and *A Course in Miracles*." -- Michael S. Hutton, Institute of Transpersonal Psychology

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