



Integrative Body Mind Spirit Social Work: An Empirically Based Approach to Assessment and Treatment (Hardback)

By Professor College of Social Work Mo Yee Lee, Siu-Man Ng, Pamela Pui Yu Leung

Oxford University Press Inc, United States, 2009. Hardback. Book Condition: New. 236 x 160 mm. Language: English . Brand New Book. In recent years, interest in non-Western curative techniques among Americans has grown by leaps and bounds. Integrative Body-Mind-Spirit Social Work is the first book to strongly connect Western therapeutic techniques with Eastern philosophy and practices, while also providing a comprehensive and pragmatic agenda for social work, and mental health professionals. This breakthrough text, written by a cast of highly regarded researchers from both Asia and America, presents a holistic, therapeutic approach that ties Eastern philosophy and practical techniques to Western forms of therapy in order to help bring about positive, transformative changes in individuals and families. Integrative therapy focuses on the mind-body-spirit relationship, recognizes spirituality as a fundamental domain of human existence, acknowledges and utilizes the mind's power as well as the body's, and reaches beyond self-actualization or symptom reduction to broaden a perception of self that connects individuals to a larger sense of themselves and to their communities. Here, the authors provide a pragmatic, step-by-step description of assessment and treatment techniques that employ an integrative, holistic perspective. They begin by establishing the conceptual framework of integrative...



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