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## The Soul in Anguish: Psychotherapeutic Approaches to Suffering (Paperback)

By Lionel Corbett

Chiron Publications, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Soul in Anguish: Psychotherapeutic Approaches to Suffering presents a variety of approaches to psychotherapeutic work with suffering people, from the perspectives of both Jungian and psychoanalytic psychology. An important theme of the book is that suffering may be harmful or helpful to the development of the personality. Our culture tends to assume that suffering is invariably negative or pointless, but this is not necessarily so; suffering may be destructive, but it may lead to positive developments such as enhanced empathy for others, wisdom, or spiritual development. The book offers professionals in any helping profession various frameworks within which to view suffering, so that the individual's suffering does not seem to be random or meaningless. Cognitive-behavioral approaches, the approach of the Diagnostic and Statistical Manual of the American Psychiatric Association, and the promise of evidence-based strategies may or may not be applicable to the unique circumstances of the suffering individual. These approaches also ignore the unconscious sources of much suffering, its implications for the ongoing development of the personality, and the nuances of the therapeutic relationship. We cannot objectify or...



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