



Exploring the Spiritual: Paths for Counselors and Psychotherapists (Paperback)

By David R. Matteson

Taylor Francis Inc, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. Gain solid empirical findings to understand your own spiritual development To significantly impact clients spirituality and use the spiritual strengths the client possesses to facilitate their move toward health, a counselor must be willing to explore his or her own spiritual development. Exploring the Spiritual: Paths for Counselors and Psychotherapists provides cognitive information grounded in the empirical findings of social science, as well as experiential material which encourages the counselors own spiritual quest. This invaluable source clarifies the interface between the counselor s spirituality and the client s, and allows the spiritual dimension to emerge appropriately in the counseling process. Exploring the Spiritual: Paths for Counselors and Psychotherapists provides challenging questions and exercises that lead the counselor or psychotherapist through a personal exploration to attain the maturity of development needed to facilitate the client s spiritual growth. The text, written in an accessible narrative style, features helpful case studies and personal anecdotes to illustrate the concepts and processes described. Each chapter includes an overview of an issue, develops an argument or position, and presents a focused exploration of some relevant empirical research that is presented...



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