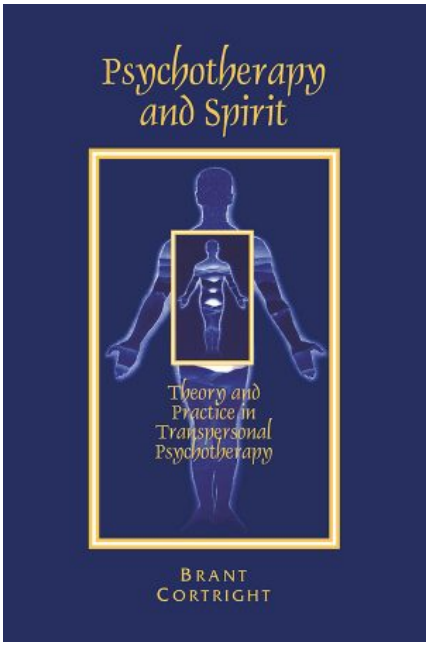
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Psychotherapy and Spirit: Theory and Practice in Transpersonal Psychotherapy



About the Book

The first concise overview of transpersonal psychotherapy.

This volume brings together the major developments in the field of transpersonal psychotherapy. It articulates the unifying theoretical framework and explores the centrality of consciousness for both theory and practice. It reviews the major transpersonal models of psychotherapy, including Wilber, Jung, Washburn, Grof, Ali, and existential, psychoanalytic,and body-centered approaches, and assesses the strengths and limitations of each. The book also examines the key clinical issues in the field. It concludes by synthesizing some of the overarching principles of transpersonal psychotherapy as they apply to actual clinical work.

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