

1. Record Nr.	UNINA9910349326103321
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Titolo	Neo-shamanism and Mental Health // by Karel James Bouse
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Palgrave Pivot, , 2019
ISBN	3-030-31911-3
Edizione	[1st ed. 2019.]
Descrizione fisica	1 online resource (172 pages)
Disciplina	201.44 201.44019
Soggetti	Health psychology Psychotherapy Eclectic psychotherapy Psychotherapy Counseling Psychology and religion Spirituality Health Psychology Integrative and pluralistic approach Psychotherapy and Counseling Religion and Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter One: Contemporary Application of an Ancient Technique -- Chapter Two: Method of Research -- Chapter Three: Neo-Shamanism as an Alternative Contemporary Worldview -- Chapter Four: The Journey Technique as a Method for Consciousness Studies -- Chapter Five: Neo-Shamanism as a Tool for Self-Exploration -- Chapter Six: Potential Pitfalls of Neo-Shamanic Practice -- Chapter Seven: Conclusions.
Sommario/riassunto	This book explores the contemporary practice of Neo-shamanism and its relationship to mental health. Chapters cover the practice of Neo-shamanism, how it differs from traditional shamanism, the technology of the shamanic journey, the lifeworlds of some of its practitioners, as

well as its benefits and pitfalls. The author's analysis draws on an in-depth study of existing literature, original qualitative-phenomenological research into the lifeworlds of practitioners, and nearly three decades of observation and experience as a student, teacher and practitioner of Neo-shamanism. She discusses the potential role of Neo-shamanic journey technology as an approach for psychology-based studies of consciousness and anomalous phenomena; its value as a tool for self-exploration as part of a supervised curriculum; as well as the possible therapeutic applications of the journey and shamanic healing protocols for use by mental health professionals. This book is a rich and timely resource for students and teachers of psychology, anthropology and sociology, psychotherapists, and anyone who is interested in consciousness and parapsychology. Karel James Bouse is the Director of the Institute of Esoteric Psychology, USA. She earned her Ph.D. in Psychology from Saybrook University, USA and her Ph.D. in History/American Studies from the University of Maryland, USA. She has been a student, teacher, and practitioner of Neo-shamanism for nearly 30 years.
