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Altri autori (Persone)	HartzellJoan
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Nota di contenuto	Contents; Foreword; 1. Traditional, Complementary, and Alternative Therapies; 2. The Basic Principles of Zen and Their Psychotherapeutic Implications; 3. From Realism to Idealism: Traditional Therapies and Zen; 4. Practical Applications: Zen in the Clinical Setting; 5. Integrating Zen and Psychotherapy: Connections and Limits; Appendix I: Glossary; Appendix II: Zen Resources; References; Index
Sommario/riassunto	Exploring the role of spirituality and religion in treatment, this book provides a sound clinical and academic rationale for exploring incorporating principles of Zen in traditional psychotherapy. The authors, one a clinical educator and social scientist, the other a nurse psychotherapist and practicing Buddhist present a fascinating dialog on the ""science"" and the ""art"" sides of the art-science debate. Practical suggestions are included for achieving a balance between these two poles of the helping and healing process.