

1. Record Nr.	UNINA9910458769703321
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Titolo	Judaic spiritual psychotherapy [[electronic resource] /] / Aaron Rabinowitz
Pubbl/distr/stampa	Lanham, MD, : University Press of America, c2010
ISBN	1-282-92215-7 9786612922152 0-7618-5184-4
Descrizione fisica	1 online resource (93 p.)
Disciplina	296.371
Soggetti	Judaism and psychology Judaism - Psychology Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Chapter 01. Introduction and Brief History; Chapter 02. Judaic Psychotherapy; Chapter 03. Principles of Judaic Spiritual Psychotherapy; Chapter 04. Methodology; Chapter 05. Meditation: The Judaic View; Chapter 06. Forgiveness: Critique of the "Sunflower"; Chapter 07. Conclusion: Values in Psychotherapy
Sommario/riassunto	This book utilizes the profound insights present in spiritual literature for psychotherapeutic use. Jewish spiritual writings are a rich source that encompasses three thousand years of scholarship and experience dealing with emotional problems. These insights can benefit all clients, not only those nurtured in the Jewish tradition.