

1. Record Nr.	UNINA9910779130003321
Autore	Epstein Mark <1953->
Titolo	Psychotherapy without the self : a Buddhist perspective // Mark Epstein
Pubbl/distr/stampa	New Haven : , : Yale University Press, , 2007 ©2007
ISBN	0-300-15025-3
Descrizione fisica	1 online resource (viii, 261 pages) : illustrations
Disciplina	294.3/3615
Soggetti	Buddhism and psychoanalysis Buddhism - Psychology Psychotherapy - Religious aspects - Buddhism
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt. 1. Buddha -- pt. 2. Freud -- pt. 3. Winnicott.
Sommario/riassunto	Immersed in Buddhist psychology prior to studying Western psychiatry, Dr. Mark Epstein first viewed Western therapeutic approaches through the lens of the East. This posed something of a challenge. Although both systems promise liberation through self-awareness, the central tenet of Buddha's wisdom is the notion of no-self, while the central focus of Western psychotherapy is the self. This book, which includes writings from the past twenty-five years, wrestles with the complex relationship between Buddhism and psychotherapy and offers nuanced reflections on therapy, meditation, and psychological and spiritual development. A best-selling author and popular speaker, Epstein has long been at the forefront of the effort to introduce Buddhist psychology to the West. His unique background enables him to serve as a bridge between the two traditions, which he has found to be more compatible than at first thought. Engaging with the teachings of the Buddha as well as those of Freud and Winnicott, he offers a compelling look at desire, anger, and insight and helps reinterpret the Buddha's Four Noble Truths and central concepts such as egolessness and emptiness in the psychoanalytic language of our time.