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Titolo	The zen of helping : spiritual principles for mindful and open-hearted practice // Andrew Bein
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Descrizione fisica	1 online resource (225 p.)
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Soggetti	Counseling Counseling - Religious aspects - Zen Buddhism Psychotherapy - Religious aspects - Zen Buddhism
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 191-194) and index.
Nota di contenuto	A spiritual framework for our clients and ourselves : beyond spiritual neutrality -- Sitting with clients on uncertain ground : strong back, soft front : beyond evidence-based practice -- Radical acceptance of clients, context, and self : beyond Carl Rogers' positive regard -- Mindfulness : steadying the mind and being present : beyond empathy skills and counter-transference -- Curiosity, compassionate caring, and inspiration : beyond professional warmth -- Bearing witness to trauma and pain : beyond clinical distance -- The middle way : embracing contradiction and paradox : beyond dualistic thinking -- Having the conversation : making space for client spirituality : beyond the great taboo -- Dealing with failure : beyond cognitive solutions and the paradigm of blame -- Swimming upstream with a warrior's heart : beyond working a human services job.
Sommario/riassunto	Bring compassion, self-awareness, radical acceptance, practitioner presence, and caring to the relationships you have with you patients by utilizing the advice in The Zen of Helping: Spiritual Principles for Mindful and Open-Hearted Practice. As a mental health professional, you will appreciate the vivid metaphors, case examples, personal

anecdotes, quotes and poems in this book and use them as a spiritual foundation for your professional practice. Connect Zen Buddhism with your human service and address issues like dealing with your own responses to your client's trauma and pain.
