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Nota di contenuto	Intro -- Foreword -- Preface and Acknowledgements -- Part 1: Psychospirituality -- Chapter 1. A Paradigm Shift -- Chapter 2. Newer Perspectives in Science, Psychology, and Medicine -- Chapter 3. The Impact of Eastern Thought -- Chapter 4. Building Bridges Between Spirituality and Psychology -- Chapter 5. Insights from Kleinian Object Relations Theory -- Chapter 6. The Relational Matrix of Infancy -- Chapter 7. The Self in Relation -- Chapter 8. The Psychospiritual Self -- Chapter 9. Spiritual Development throughout the life cycle -- Chapter 10. The Circles of Being: Towards a 'psychospiritual map' -- Part 2: Spirituality and Psychological Healing -- Chapter 11. Spirituality in psychotherapy -- Chapter 12. The spiritual Journey -- Chapter 13. The Therapist as Mystic -- Chapter 14. Conclusions -- Addendum and Exemplification -- Spirituality, the Twelve-step Model, and Psychotherapy -- References -- Subject Index -- Author Index.
Sommario/riassunto	This book explores the expanding literature on spirituality as an important dimension of psychology, and explains the relationship between psychological treatment and spiritual healing. The author examines ideas from religious traditions, and considers their implications for psychotherapy and personal growth.

