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Nota di contenuto	Part 1: General Issues -- Chapter 1. Culture, Religion and Spirituality in Mental Health and Illness -- Chapter 2. Eastern Spirituality and Mental Health: Beyond the Mind -- Chapter 3. Spirituality Across the Lifespan, with Emphasis on Eastern Traditions -- Chapter 4. Eastern Religions and Their Influence on Parenting -- Chapter 5. Learning about Death and Dying in the Eastern Traditions -- Chapter 6. Practice and Faith in the Eastern Traditions -- Chapter 7. Spirituality: Relationship with Religion, Health, Wisdom, and Positive Psychiatry -- Part 2: Specific Eastern Religious and Spiritual Traditions -- Chapter 8. Basic Aspects and Clinical Implications of Hinduism -- Chapter 9. Utilizing Ancient Hindu Scriptures to Conceptualize and Manage Anxiety Disorders -- Chapter 10. Basic Principles and Clinical Aspects of Buddhism in Psychotherapy -- Chapter 11. Mental Health and Well-Being in Buddhism -- Chapter 12. Deeper Understanding of Self and Psychiatry: Personal Insights from a Tribal Buddhist in North India -- Chapter 13. Sikh Tenets and Experiences that Relate to Mental Health and Wellbeing -- Chapter 14. Basic Principles and Clinical Aspects of Taoism --

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Sommario/riassunto

This book provides a thorough, comprehensive, and accessible reference for all the major Eastern faith traditions and their intersection with psychiatry. Understanding Eastern religion is of paramount value to all mental health professionals, as there is a growing emphasis on religion and spirituality as a part of clinical cultural competence interventions, predominantly in North America and Europe. Additionally, there is rising membership in Eastern, Asian, and non-Semitic faith traditions in North America and Europe. Hence, more patients and clinicians belong to these non-Western faiths than ever before. The volume is divided into five parts. Part 1 covers general issues, including principles of culture, religion, and spirituality in psychiatry, spirituality across the lifespan, child rearing, practice and faith, and how death and dying is approached in these Eastern traditions. Part 2 covers specific Eastern religions and spiritual traditions, including basic principles and research-based clinical aspects of Hinduism, Buddhism, Sikhism, Taoism, Zoroastrianism, Jainism, as well as Confucian philosophical ideas. Part 3 attempts to apply the importance of cultural humility to perspectives on the Eastern Traditions from Western Psychiatry. These include Christian, Muslim, and Jewish perspectives, not of expertise, but of explorations in learning. Part 4 covers specific social psychiatric perspectives, including the psychiatric harm that can come from caste divisions and cults posing as religions, but closes with a perspective on the Eastern connections to the relatively unknown, but unifying, Omnidom perspective. All mental health professionals seeking to expand their understanding of the essential belief systems of various Eastern religions and their connection with mental health will find Eastern Religions, Spirituality, and Psychiatry an invaluable resource. .
