



Religion and Spirituality in Psychotherapy: An Individual Psychology Perspective

Thor A., Dr., Psy.D Johansen

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This book offers new possibilities for mental health professionals who are looking for ways to adapt traditional therapy and counseling techniques to address the spiritual and psychological issues their clients face. The author utilizes an Adlerian Individual Psychology perspective, which rejects biological determinism and focuses on the influence of powerful environmental factors on personality.

This book provides specific methods and guidelines for applying Individual Psychology concepts to clients of each of the world's major religions, including Christianity, Judaism, Buddhism, Hinduism, and Islam. The author offers a wealth of insight into the customs, theories, and philosophies of each religion. With this knowledge, mental health professionals can use Individual Psychology methods and techniques to better understand and assist clients.

Key Features

- Discusses how Individual Psychology can be integrated with Christian spirituality
- Examines the relational and social theories of Judaism as compared to Adler's theories of social interest
- Compares Adler's theories with the ethical, spiritual, and social systems of Islam
- Reviews the doctrines of Hinduism, including the belief in karma and reincarnation, the goals of life, and the paths to God
- Presents case examples to illustrate how psychological and spiritual problems may be approached using Adlerian psychotherapy

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Howard Foster:

With this era which is the greater person or who has ability in doing something more are more important than other. Do you want to become one of it? It is just simple way to have that. What you have to do is just spending your time not much but quite enough to experience a look at some books. On the list of books in the top checklist in your reading list is usually Religion and Spirituality in Psychotherapy: An Individual Psychology Perspective. This book which is qualified as The Hungry Mountains can get you closer in becoming precious person. By looking up and review this guide you can get many advantages.

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