



THE SACRED PATH OF THE THERAPIST

Modern Healing, Ancient Wisdom,
and Client Transformation

IRENE R. SIEGEL

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The Sacred Path of the Therapist: Modern Healing, Ancient Wisdom, and Client Transformation (Hardback)

By Irene R. Siegel

WW Norton Co, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Shamans are ancestral teachers, guides to nonordinary realms of consciousness who heal by connecting to elemental energies, major archetypal forces of nature, and a divine cosmic whole within silent sacred spaces. As unlikely as it might seem, psychotherapists share many of these qualities. They also respect the healing power of silent spaces in the session, moments in which sacred energy emerges. The Sacred Path of the Therapist offers a blend of two worlds: the clinical world and the world of the shaman. Drawing from her unique experiences working with master shamans as well as practicing as a psychotherapist, Irene Siegel discusses the evolving role of the therapist as both therapist and healer. Integrating Western psychological understanding with ancient Eastern and wisdom traditions, Siegel addresses how spiritual resonance is achieved within the psychotherapeutic process. Readers will learn how mindfulness practices and attunement can help them move clients toward recovery and beyond, allowing full potential to emerge within a shared coherent field of awakening consciousness. Topics include translating transpersonal theory into practice, understanding the human energy field, and the integration of psychotherapy and spiritual initiation. Using lessons...



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