



## A Guide to Integral Psychotherapy: Complexity, Integration, and Spirituality in Practice (Paperback)

By Mark D. Forman

State University of New York Press, United States, 2010. Paperback. Book Condition: New. 230 x 154 mm. Language: English . Brand New Book. This book provides a practical introduction to Integral Psychotherapy, which positions itself as the most comprehensive approach to psychotherapy yet offered. Grounded in the work of theoretical psychologist and philosopher Ken Wilber, it organizes the key insights and interventions of pharmacological, psychodynamic, behavioral, cognitive, humanistic, existential, feminist, multicultural, somatic, and transpersonal approaches to psychotherapy. Integral Psychotherapy does not attempt to unify these diverse models, but rather takes a metatheoretical perspective, giving general guidelines for which is most appropriate in a wide range of clinical situations. It also strongly emphasizes the therapist's own personal development, under the premise that the depth and complexity of the human psyche must be understood first within the self if it is to be understood fully in others. This essential text is for therapists and others drawn to holistic approaches to psychotherapy, and serves as a theoretical ground and precise guide for those interested in applying the Integral model in therapeutic practice.



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### Reviews

*Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Otis Wisoky**

*This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).*

-- **Dr. Everett Dicki DDS**