



The Integrated Self: A Holistic Approach to Spirituality and Mental Health Practice

By Lou Kavar

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Integrated Self: A Holistic Approach to Spirituality and Mental Health Practice, Lou Kavar, Contemporary research supports the importance of spirituality for mental health. Counselors, social workers, psychologists and other therapists wonder how to include spirituality in treatment. Mental health training and current treatment models do not equip clinicians to adequately address the topic of spirituality. The Integrated Self presents a model for identifying and assessing spirituality within the client's own life and experience. By operationally defining spirituality as a dimension of the client's experience, The Integrated Self explores the role of culture, values, beliefs, and lifestyle for understanding the spiritual dimension of the person. Using case studies, clinicians learn how to implement the model of the integrated self within their existing theoretical orientation. The Integrated Self also includes discussions on the approaches for spiritual assessment and ethical issues related incorporating spirituality in mental health treatment. While other books focus on religious beliefs, spiritual practices, or formulations of a general kind of spirituality, The Integrated Self provides a model for a holistic approach that can be adapted in both mental health and health care settings.



READ ONLINE
[5.01 MB]

Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.

-- **Miss Vernie Schimmel**

The book is easy in study easier to comprehend. I have study and that i am certain that i will gonna read once again once again in the foreseeable future. Your lifestyle span will likely be transform the instant you comprehensive reading this pdf.

-- **Dr. Jaydon Mosciski**