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The Little Black Book of Violence
NASM Essentials of
Personal Fitness Training
Basic Autogenic
Training
Encounters with Power
Shamanism for
Beginners
Shamanic Alchemy
The Accidental
Shaman
Deleuze's Philosophical Lineage
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Encyclopedia of Theory in Counseling and
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Maximum Achievement
Shaking
Medicine
Relaxation Techniques
Autogenic Training
Developed by Dr. J. H. Schultz and Progressive Muscle
Relaxation Developed by Edmund Jacobson
Jump
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Mind/Body Integration
Autogenic
Training
Masters of the Living Energy
Spiritual
Pregnancy
Autogenic Training Developed by Dr.
Schultz, J. H.
Positive Psychiatry, Psychotherapy and
Psychology
Teachings of the Peyote
Shamans
Interdisciplinary Handbook of the Person-
Centered Approach
Ecstatic Soul Retrieval
Positive
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When the Machine Made Art
Artificial
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The
UltraMind Solution
Awaken the Inner
Shaman
Eco Shamanism
Advanced Autogenic Training
and Primal Awareness
Resolving Problem Patterns:
With Clean Language and Autogenic Metaphor
A
Concise Encyclopaedia of Psychiatry
Advanced
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Earthwalks for Body and

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SpiritTransforming Your DragonsThe Journey of Tunuri
and the Blue DeerAlternative Medicine for the
ElderlyAutogenics 3.0Autogenic TrainingEncyclopedia
of Counseling

The Little Black Book of Violence

Follow the Hero's Journey from Pregnancy to Motherhood Filled with unique insights into the spiritual nature of pregnancy, this compassionate guide takes you, the expectant mother, and your loved ones along a "hero's journey" of discovery. Each trimester correlates to a stage of the epic journey where emotional, spiritual, and physical connections heighten your awareness of yourself and your unborn child. Through these stages, the mundane and everyday are elevated to the sublime and transformative. With their extensive training and experience in allopathic wellness and integrative medicine, Shawn A. Tassone and Kathryn M. Landherr have created a book full of guided meditations, journaling exercises, and spiritual traditions from a variety of cultures. Spiritual Pregnancy also includes yoga postures created by popular doula and pregnant-fit yoga instructor Jennifer (Wolfe) More for specific times throughout pregnancy. Praise: "Spiritual Pregnancy presents birth as the spiritual initiation it truly is. I highly recommend this deeply moving book."—Christiane Northrup, MD, New York Times bestselling author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause* ". . . the information shared by the authors will show future mothers how to unify the two lives within them during

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pregnancy.”—Bernie Siegel, MD, author of *Love, Medicine and Miracles* “Spiritual Pregnancy is the best guide I know on developing, nourishing, and sustaining [the mother-infant bond].”—Larry Dossey, MD, author of *Healing Words* “Expert integrative obstetricians, [the authors] guide you through the traditions of the ancients, and illuminate the vibrant path to your own heroine’s journey.” —Victoria Maizes, MD, Executive Director of Arizona Center for Integrative Medicine “From the practical to the profound, I’m confident you will find what you are looking for within this book’s pages. I highly recommend it.”—Tieraona Low Dog, MD, Fellowship Director at University of Arizona Center for Integrative Medicine “Spiritual Pregnancy does an incredible job at marrying the physical and the spiritual . . . It will be a great resource to anyone having a baby and it makes me proud to be an ob-gyn.” — Jeniffer Ashton, MD, leading medical correspondent for ABC and ob-gyn physician

NASM Essentials of Personal Fitness Training

Psychiatry is a discipline that crosses many frontiers, involving a know ledge of the anatomy, physiology and biochemistry of the nervous system, of general medicine, of sociology, of psychology, of the law and of all those subjects which comprise the behavioural sciences. Moreover, in the field of psychiatry the explosion of knowledge has led to an increase in special ization in sub-disciplines. To all those interested in psychiatry this diversity causes real

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problems. They may have to consult a wide variety of sources before finding the answer to what may be in fact a relatively simple question. This encyclopaedia aims at providing straightforward answers to the many questions that may arise. The editors wish to stress that this is not intended to be an advanced treatise on the minutiae of the subject. There will be entries with the contents of which some experts may disagree; others which may seem to err on the side of simplicity or of dog matism. For whatever imperfections there may be, the editors take full responsibility. They hope that no major topics have been omitted and that the coverage is sufficiently comprehensive as to provide the reader, whether he be directly involved in psychiatry or not, with a useful and practical guide to the subject.

Basic Autogenic Training

Autogenics is the new way to personal enlightenment and psychosomatic health. Based in medical research initiated by JH Schultz in Germany and continued by W. Luthe in Canada and by Luis de Rivera in Spain, autogenics trains the basic brain functions needed for personal development and psychosomatic health. This book is useful for new learners of meditation and for seasoned practitioners. Many students of mindfulness have benefited from autogenics to improve their regular technique. The autogenic methods of Sensory Meditation and Feeling Meditation easily enables the practitioners of Samatha and Vipassana meditations to learn and train the two basic mental processes of Passive Concentration and Passive Acceptance,

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described by Autogenics. This is a practical psychotherapy book, based on the most recent medical and neurobiological research. Following the lineage initiated by J.H. Schultz in Germany and continued by W. Luthe in Canada, Luis de Rivera presents the latest advances in Somatosensory Meditation and Feeling Meditation. The new Autogenics 3.0 greatly improves the ease and efficacy of the original Autogenic Training and is the most efficient way to personal enlightenment and psychosomatic health. Prof. Luis de Rivera, MD, is a specialist in Psychiatry, Psychotherapy and Psychoanalysis, former Professor at the universities McMaster-Canada, LaLaguna-Tenerife, and Madrid-Autonomia. President of the International Society of Autogenic Training & Psychotherapy. Contact: luisderivera@gmail.com @luisderivera www.psicoter.es <https://www.youtube.com/user/ProfLuisdeRivera>

Encounters with Power

From the ten-time New York Times bestselling author of Ultrametabolism, The Blood Sugar Solution, and Eat Fat, Get Thin comes The UltraMind Solution. —Do you find it next to impossible to focus or concentrate? —Have you ever experienced instant clarity after exercise? Alertness after drinking coffee? —Does your brain inexplicably slow down during stress, while multitasking, or when meeting a deadline? —Do you get anxious, worried, or stressed-out frequently? In The UltraMind Solution, Dr. Mark Hyman explains that to fix your broken brain, you must heal your body

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first. Through his simple six-week plan, Dr. Hyman shows us how to correct imbalances caused by nutritional deficiencies, allergens, infections, toxins, and stress, restoring our health and gaining an UltraMind—one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.

Shamanism for Beginners

A workbook of simple walking exercises to quiet the mind, expand consciousness, and rediscover our sacred relationship with Earth. • Foreword by Victor Sanchez, author of *The Teachings of Don Carlos*. • Includes 45 walking techniques that were developed from the author's work with Huichol Indians of western Mexico. • Explores the power of moving meditation for achieving new levels of spiritual awareness through connecting with elements of the natural world. • Includes group and individual exercises. In *Earthwalks for Body and Spirit*, a workbook of 45 simple walking exercises, author and workshop leader James Endredy shows us how the act of walking can be a catalyst for personal transformation by teaching us to develop our attention, quiet the mind, expand our consciousness, and rediscover our sacred relationship with Earth. Each of the exercises, many of which are based on the author's work with the traditional indigenous practices of the Huichol Indians of western Mexico, offers step-by-step instructions and comments that will help you to gain the most from the walk. Additionally, the author focuses each group of

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exercises on a different aspect of transformation? there are walks of attention and awareness; group connection; connection to the nierikas (powers) of Sun, Water, Wind, Fire, and Mother Earth; connection to the energies of animals, trees, and places of power; and finally, as a way of honoring both your new understanding of Self and your deepened relationship with Earth, walks of offering and vision.

Shamanic Alchemy

Biofeedback training is a research methodology and training procedure through which people can learn voluntary control over their internal physiological systems. It is a merger of multiple disciplines with interest deriving from many sources—from basic understanding of psychophysiology to a desire for enhanced self-awareness. The goals of biofeedback are to develop an increased awareness of relevant internal physiological functions, to establish control over these functions, to generalize control from an experimental or clinical setting to everyday life, and to focus attention on mind/body integration.

Biofeedback is explored in many different settings. In the university, biofeedback equipment and applications can be found in the departments of experimental and clinical psychology, counseling, physiology, biology, education, and the theater arts, as well as in the health service (student infirmary). Outside the university, biofeedback may be found in different departments of hospitals (such as physical medicine), private clinics, education and self-

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awareness groups, psychotherapy practices, and elsewhere. Its growth is still expanding, and excitement is still rising as a result of biofeedback's demonstration that autonomic functions can be brought under voluntary control and that the long-standing artificial separation between mind, body, and consciousness can be disproven.

The Accidental Shaman

The union of Eastern and European points of view in an effective psychotherapy, such as is described by the author, is very salutary. Especially the parables portray, in attractive symbolism, the wisdom of the East, in which psychological insights are represented in what seems to be the simplest way. The author understands how to bring his heritage to bear upon psychotherapy. Although the categories of his psychological system, for example basic capacities and actual capacities, certainly represent only one of many possible theoretical conceptions, we must conclude from his report that they can be used effectively in treatment. To be sure, such a system of categories, such a metapsychology, will be of greater assistance to the therapist than to the patient in explanation and clarification. In the final analysis the only essential thing for the patient who seeks out the psychotherapist for help is whether the physician or psychologist is candid with him and accepts him unconditionally, no matter what he is like. Peseschkian's "positive psychotherapy" and the author's lucid personal conduct transmit to the reader the impression that a born psychotherapist, with a

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special motivation to assist professionally those who consult him in the resolution of their conflicts, is at work. I wish the author complete success with this book. Prof. Raymond Battegay, M. D.

Deleuze's Philosophical Lineage

Brian Tracy is one of the world's leading authorities on success and personal achievement, addressing more than 100,000 men and women each year in public and private seminars. In *Maximum Achievement*, he gives you a powerful, proven system -- based on twenty-five years of research and practice -- that you can apply immediately to get better results in every area of your life. You learn ideas, concepts, and methods used by high-achieving people in every field everywhere. You learn how to unlock your individual potential for personal greatness. You will immediately become more positive, persuasive, and powerfully focused in everything you do. Many of the more than one million graduates of the seminar program upon which this book is based have dramatically increased their income and improved their lives in every respect. The step-by-step blueprint for success and achievement presented in these pages includes proven principles drawn from psychology, religion, philosophy, business, economics, politics, history, and metaphysics. These ideas are combined in a fast-moving, informative series of steps that will lead you to greater success than you ever imagined possible -- they can raise your self-esteem, improve personal performance, and give you complete control over every aspect of your personal and professional life.

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The SAGE Encyclopedia of Theory in Counseling and Psychotherapy

The explosion of information about complementary and alternative medicine (CAM) has demanded the attention of health professionals and responsible consumers, including the elderly. Increasingly, medical schools are providing education about CAM. This book brings together for academicians and interested mainstream practitioners much of the current information on CAM and its role in the health of the elderly. The individual chapters are thoroughly researched and quite readable, even for patients and the lay public concerned with the state of the evidence and art supporting CAM's role in prevention and management of illness and well-being. This book provides educators with much necessary information needed to prepare coursework and learning activities. Although definitive data are lacking regarding efficacy and even safety of CAM methodologies, many chapters in this book summarize the existing evidence in a usable way. The topics analyzed range from well-accepted therapies, such as vitamin E for dementia and zinc tablets for the common cold, to far less conventional therapies such as transcendental meditation. The conclusions are often surprising, but well-presented and defended. Even the most highly controversial areas, such as the use of acupuncture to treat low back pain and osteoarthritis of the knee, are thoroughly and fairly reviewed. Finally, the chapters address some of the political issues that challenge CAM. These issues include who should be allowed to practice a CAM discipline whose efficacy is not based

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on the scientific method, and some of the state-to-state variations in practice standards and licensure.

Maximum Achievement

A contemporary adaptation of an indigenous Huichol teaching tale, illustrated with traditional yarn drawings by Huichol artisans • Shares the hidden treasures of a nature-based indigenous culture • A teaching tool for multicultural studies for children ages 6 to 9 • Explains who the Huichol people are and the symbolism of the images used by the artists The Huichol Indians live in the remote regions of the Sierra Madre Mountains of western Mexico, where geographic isolation has allowed them to retain their culture and spiritual traditions in the face of colonization. Their nature-based way of life makes no distinction between the sacred and the secular, and they express their reverence for the powers of the earth by regarding all elements in nature as family. The Journey of Tunuri and the Blue Deer is a modern adaptation of a traditional Huichol story depicting a young child finding his (or her) personal task in life by connecting with the powers of nature. The story is told through the experiences of young Tunuri, who becomes lost in the woods. He meets the magical Blue Deer--a messenger between the worlds of mortals and deities--who introduces Tunuri to Father Sun, Mother Earth, and others in the natural world, while leading him back to his human family. Through this lovely tale and the vivid illustrations done in the medium of traditional Huichol yarn drawings, children can learn about their place in the sacred web of life.

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Shaking Medicine

Autogenic Training developed by Dr. Schultz, J. H.A gentle way to relax I have compiled a very brief guide of autogenic training for you, based on my experience as a relaxation coach in a rehabilitation clinic. I hope that with these instructions you will easily learn autogenic training. For a long time now, stress research has proved that thoughts and feelings, whether positive or negative, affect the specific reactions of the body. Thoughts of fear trigger anxiety and respective responses in the body. Thoughts of joy trigger happy feelings and reactions in the body. Thoughts of autogenic training trigger relaxation reactions. This is exactly what you will learn with this manual. Thought formulas with which you trigger relaxation reactions in your body. I am sure you will love the relaxation exercises described here and gainfully integrate them into your daily routine.

Rainer Tameling (Dipl.-Psych.) - (Psychologist)

Relaxation Techniques

With more questions and answers than any other edition, the Encyclopedia of Counseling, Fourth Edition, is still the only book you need to pass the NCE, CPCE, and other counseling exams. Every chapter has new and updated material and is still written in Dr. Rosenthal's lively, user-friendly style counselors know and love. The book's new and improved coverage incorporates a range of vital topics, including social media, group work in career counseling, private practice and nonprofit work,

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addictions, neurocounseling, research trends, the DSM-5, the new ACA and NBCC codes of ethics, and much, much more.

Autogenic Training Developed by Dr. J. H. Schultz and Progressive Muscle Relaxation Developed by Edmund Jacobson

A rare in-depth look at the inner workings of Huichol shamanism • Describes the five sacred sites of the Huichol and their peyote ceremonies • Explains how the Huichol teachings of awareness, centered on the five points of attention, connect you to your true essence • Reveals the deep relationship between Huichol cosmology, Gnosticism, and Christianity, especially Jesus Christ and the Virgin Mary Taking place in the heart of the Huichol homeland in western Mexico, this book offers a rare in-depth look at the inner workings of Huichol shamanism, which is permeated with the use of the sacred peyote cactus. Outsiders are almost never allowed access to Huichol sacred sites and ceremonies; however, James Endredy, after years of friendship with Huichol families, earned the privilege nearly by accident. Swayed by persistent pleading, he agreed to take another gringo into the mountains to one of the Huichols' ceremonial centers, and they were both caught. After trial and punishment, Endredy was invited to stay within the sacred lands for the festivities he had illegally intruded upon and found his initiation into the Huichol shamanic tradition had begun. Sharing his intimate conversations and

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journeys with the shaman he calls "Peyote Jesus," the author explains how Huichol belief revolves around the five sacred directions, the five sacred sites, and the five points of attention. As Peyote Jesus explains, the five points of attention refer to dividing your awareness yet staying focused on your inner self. This is not a normal state of consciousness for most people, yet when we maintain these points of attention, we discover our true essence and move closer to God. Endredy undergoes dozens of spiritual journeys with peyote as he makes the pilgrimages to the five sacred Huichol sites with Peyote Jesus. He is shocked by his vision of the Virgin Mary while under peyote's guidance and learns of the deep relationship--strictly on Huichol terms--between their cosmology, Gnosticism, and Christianity, especially Jesus Christ. Providing an inside look at the major ceremonies and peyote rituals of the Huichol, this unexpectedly powerful book reveals the key tenants of the Huichol worldview, their beliefs in the afterlife, and their spiritual work on behalf of all of humanity.

Jump Attack

A step-by-step guide to authentic advanced shamanic practices • Offers hands-on instructions for more than 30 practices, including sacred Fire ceremonies, direct shamanic viewing, shamanic death and rebirth, working with healing stones, shamanic lucid dreaming, shamanic healing, and advanced methods for acquiring an animal spirit guide • Allows solitary shamanic practitioners to advance their practice • Examines the biological foundations of spiritual

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experience, the many ways that Psi phenomena and shamanism are linked, and their relationship to the scientific concept of quantum entanglement. In this step-by-step guide to more than three dozen advanced shamanic practices, James Endredy shares the wisdom and techniques he has learned through 30 years of working with shamanic teachers from all over the globe, including Huichol kawiteros, Tibetan lamas, Incan, Mayan, and Tukano shamans, Indian siddhas, the Kanaka Maoli of Hawai'i, and elders from many Native American tribes, such as the Seneca, Lenni Lenape, Arapaho, Sioux, Tuscarora, Yurok, Navajo, and Hopi. Endredy offers hands-on instructions for sacred Fire ceremonies, direct shamanic viewing, experiencing shamanic death and rebirth, working with and acquiring healing stones, shamanic lucid dreaming, shamanic healing, and advanced methods for acquiring an animal spirit guide, including how to properly retain its spirit in a sacred bundle or altar and how to use its power responsibly for healing. He provides a meticulous step-by-step approach to working with the five points of attention, a Huichol teaching on sacred awareness and shamanic levels of attention. He also examines the many ways that Psi phenomena and shamanism are linked and their relationship to the scientific concept of quantum entanglement. Showing how quantum physics is the scientific expression of shamanism, the author also explores the biological foundations of spiritual experiences, including the roles of serotonin, dopamine, and opioid transmitters, and the connections between altered consciousness and shamanic states. Integrating modern research with ancient knowledge to provide an enlightened

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view of shamanism that marries science and spirit, this guide offers authentic shamanic wisdom and techniques to help the solitary practitioner move forward on their shamanic path.

Mind/Body Integration

A hands-on guide to advanced spiritual transformation through the combined sacred arts of alchemy and shamanism • Recasts the 7 stages of the alchemical “Great Work” as a transformative shamanic journey and initiatic experience • Provides step-by-step instructions for 18 shamanic alchemy practices for inner transformation, including vibrational energy work, consciousness-altering techniques, the creation of mirrors of the mind, and sacred ceremonies tied to the four elements • Explores the alchemical plant-medicine techniques of spagyrics, as well as recipes for basic tinctures and “plant-stones” Offering a unique, hands-on guide to advanced self-transformation, James Endredy shows how traditional shamanic techniques offer a doorway into the sacred art of alchemy, the inner transformation of the soul. Revealing the practical and intuitive connections between shamanism and alchemy, including not only Western alchemy but also alchemical practices from the East, Endredy recasts the 7 stages of the alchemical “Great Work” as a transformative shamanic journey and initiatic experience. He provides step-by-step instructions for 18 shamanic alchemy practices for inner transformation, including vibrational energy work, consciousness-altering techniques, the creation of

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mirrors of the mind, shamanic viewing, and sacred ceremonies tied to the four elements. Exploring the healing art of spagyrics, the author shows how this alchemical plant-medicine practice is receptive to the energetic work of traditional shamanic techniques. He details formulations for distilling shamanic spagyric remedies, as well as recipes for basic tinctures and “plant-stones.” He also discusses the creation of sacred space, altars, and shamanic distillation lodges. Comparing shamanic and alchemical cosmologies, the author explains how both shamanism and alchemy employ direct experience of the numinous and invisible worlds, also known as gnosis, to impart wisdom, invoke peace of mind, and increase creativity and vitality. Showing how the practical vibrational science of alchemy and the consciousness-transforming techniques of shamanism directly enhance and expand upon each other, Endredy also reveals how they have the same ultimate goals: to allow the practitioner to transmute spiritual lead into gold and to penetrate the deep secrets of life and of nature.

Autogenic Training

A step-by-step guide to optimize health, reconnect with Nature, and access the vast knowledge of the universe through autogenic training

- Provides step-by-step instructions for 40 autogenic and primal mind techniques
- Explains how to add healing affirmations and visualizations to autogenic practice as well as work with colors and chakras
- Includes techniques to restore our primal connection to the world of Nature

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through practices such as Forest Bathing, Nature's Breath, and Feeling in the Dark Developed by German doctor Johannes Schultz in the early 20th century, autogenic training teaches you how to use the mind-body connection to influence and regulate the body's normally involuntary autonomic functions by passively tapping into your central and peripheral nervous systems. Often used for stress relief, autogenic training can also be used for asthma, chronic pain, migraines, constipation, anxiety, panic attacks, and a host of other conditions. In this book, James Endredy takes autogenic training to a new level, revealing how to use AT practices to optimize health as well as reawaken your senses, reconnect with Nature and tap into the vast knowledge and power of the universe. Beginning with the 7 standard formulas of AT, the author provides step-by-step instructions for 40 AT and primal mind techniques. He explains how to add specific healing affirmations and visualizations to your AT practice as well as how to work with colors and the chakras. He offers advanced trainings to rekindle your primal touch sensitivity, experience enhanced sight and hearing, and awaken your primal sense of smell. He reveals how to use AT to restore our primal connection to the world of Nature through practices such as Forest Bathing, Nature's Breath, and Primal Fire Connection. Drawing on more than 25 years of experience living and working with indigenous cultures, including the Huichol, Iroquois, Sioux, Maya, and Hopi, Endredy shows how, much like a vision quest, this unique combination of AT and primal mind awareness offers rites of passage sorely missing from modern life. It gives you the tools to go deeper into your

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physiological being, to directly experience how we relate to the world, and to reconnect with the ancient wisdom within each of us.

Masters of the Living Energy

For hundreds of years, psychology has looked into the dysfunctions and symptoms of the mind. It's only over the last few decades that the field has started to pay attention to what constitutes a functional and content life. Instead of using disease to understand health, positive psychology studies the components of a good life and helps people not only avoid mental health problems but develop happiness. The work done in positive psychology is now at a point where applications are being developed in positive psychotherapy and extended to those with psychiatric diagnoses in positive psychiatry. While these fields are a recent development they hold the promise of helping all of us live a fulfilled life. Medicine in general, and psychiatry in particular, suffers from a worldview that is symptom- and deficit-oriented. By adopting a positive approach, psychology, psychotherapy, and psychiatry add a more holistic, integrative, resource oriented, and preventive perspective. There is great urgency in developing resources and potentials in our patients, not only freeing them from their disorders. Psychiatrists and psychotherapists alike are incorporating these positive tools into their practices with positive clinical outcomes. Standing on the shoulders of pioneers like Nossrat Peseschkian, in positive psychotherapy, and Dilip Jeste, in positive psychiatry, this textbook is the

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first to bring together these innovations in one volume that will serve as an excellent resource for medical professionals looking to reap the benefits gained by the studies in these areas. Currently, the majority of texts that are available are targeting psychologists and researchers, whereas this book seeks to use positive psychology as the foundation on which the clinical applications are built. As such, this book will be of interest to psychiatrists, psychologists, social workers, and other mental health professionals. It may be used in educating a new generation of mental health professionals in these tenets that are expanding the reach of psychology, the practice of psychotherapy, and the scope of psychiatry.

Spiritual Pregnancy

Autogenic Training Developed by Dr. Schultz, J. H.

The updated edition of Relaxation Techniques provides the health care professional with an introduction to 17 different relaxation techniques that can contribute to patient care. Each technique is easy to teach and use, and has been demonstrated to be effective in a clinical situation. The background theory to each method is also described and its rationale spelled out. This helps the clinician to select the appropriate technique. All the methods included are suitable for use with small groups or individuals. Focuses on the practical aspects of relaxation techniques in relation to patient care Includes both

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psychological and physical approaches to relaxation Provides ready-to-use schedules and scripts for use with clients Discusses the pitfalls as well as the benefits of each method Fully illustrated with both line drawings and photographs Evidence-based text is supported by over 400 references

Positive Psychiatry, Psychotherapy and Psychology

A story of awakening to remarkable shamanic powers, teachings, and techniques • Describes the author's work with plant spirits, entheogens such as ayahuasca, and indigenous shamans during his 20 years of fieldwork in the Peruvian Amazon • Explores the practice of soul retrieval and shamanic work with feathers, stones, and sound • Includes techniques for exploring non-ordinary reality, exercises for expanding sensory perception, and practices to open your creative artistic visionary potential After surviving a serious elevator crash in London, Howard G. Charing found he had developed healing touch as well as the ability to hear voices and experience visions--just as a healer in Italy had predicted only a week before the accident. He began using his abilities to heal but felt he needed more guidance and training. He first connected with a national spiritual healing organization, only to be told he was doing everything wrong. Then, through a friend, he discovered shamanism. Sharing profound teachings and extraordinary experiences from his more than 30 years of shamanic healing work, Charing explains how he accidentally became a shaman and completely

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changed the course of his life. He describes his work with plant spirits, entheogens such as ayahuasca, and indigenous shamans during his 20 years of fieldwork in the Peruvian Amazon, including his studies with the late visionary artist Pablo Amaringo. Investigating altered states of perception, he provides visionary techniques for exploring non-ordinary reality, exercises for expanding sensory perception, and practices to open your creative artistic visionary potential. Detailing the practice of soul retrieval, the author discusses why it is one of the most effective and profound spiritual healing practices and shares emotionally charged stories of successful shamanic healings he has attended. He also includes shamanic wisdom on working with feathers, stones, and sound and compares current research in physics with the vast body of experiential knowledge from indigenous spiritual traditions. From the accident that started his journey to the many remarkable spiritwork encounters that have happened since, Charing's story will empower readers to begin exploring the realms of consciousness and energy that surround us and welcome the dissolution of the boundary between the physical and the spiritual.

Teachings of the Peyote Shamans

This book examines the scientific contribution and increasing relevance of the Person-Centered Approach (PCA) in psychotherapy. The direction taken in the book is to provide readers with a multidisciplinary and multi-perspective view as well as practical applications. Beyond the more conventional

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psychotherapy applications (client-centered, experimental, emotion-focused, child-centered, motivational interviewing, existential, filial, etc.) others have evolved including peace and conflict resolution work, encounter and T-groups, nonviolent communication, parent effectiveness training, person-centered planning for people with disabilities, relationship enhancement methods, learner-centered education, technology-enhanced learning environments, human relations leadership training, etc. Simultaneously, scientific disciplines were influenced by this perspective in less obvious ways. Hence, the major contribution of this book is to identify and characterize the key bridges-so far only partly recognized- between the PCA and several other disciplines. Based on the results of the bridge-building endeavor, the editors will propose an initial formulation of the PCA as a meta-theory. It is intended as a generic framework to solve complex, social problems and to stimulate further research and development concerning the human species in relationship to its environment.

Interdisciplinary Handbook of the Person-Centered Approach

Autogenic Training developed by Dr. J. H. Schultz and Progressive Muscle Relaxation developed by Edmund Jacobson
Two paths to Relaxation
Book 1
Autogenic Training developed by Dr. Schultz, J. H. A gentle way to relax
I have compiled a very brief guide of autogenic training for you, based on my experience as a relaxation coach in a rehabilitation clinic. I hope

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that with these instructions you will easily learn autogenic training. For a long time now, stress research has proved that thoughts and feelings, whether positive or negative, affect the specific reactions of the body. Thoughts of fear trigger anxiety and respective responses in the body. Thoughts of joy trigger happy feelings and reactions in the body. Thoughts of autogenic training trigger relaxation reactions. This is exactly what you will learn with this manual. Thought formulas with which you trigger relaxation reactions in your body. Book 2 Progressive Muscle Relaxation According to Edmund Jacobson A breath of fresh air for the soul During my time as a clinical psychologist in a rehabilitation clinic, I was able to give the short guide on progressive muscle relaxation, found in this book, to more than 5,000 clients. They all confirmed to me that progressive muscle relaxation is a powerful exercise form that shows its positive effect in the relief and strengthening of the mind, body and soul. We live in an age where people have to process lots of information. Therefore, I have deliberately created a short, effective guide to progressive muscle relaxation that you can learn quite easily and implement for your own relaxation. I am sure you will love the relaxation exercises described here and gainfully integrate them into your daily routine. Rainer Tameling (Dipl.-Psych.) - (Psychologist)

Ecstatic Soul Retrieval

Healers and visionaries, food-finders and rainmakers--as intermediaries between the physical

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and spirit worlds, shamans have served a vital role in indigenous cultures for more than 40,000 years. The timeless wisdom of the shaman also holds relevance for the challenges we face today. James Endredy explores shamanic paths from around the globe and discusses the tools, rituals, and beliefs that are common to most traditions. You'll discover how shamans are chosen and initiated, and how they establish a relationship with power animals, ancestors, and other inhabitants of the spirit realm. Along with many stories from his own experiences, Endredy shares insights from other scholars in the field, including Mircea Eliade, Michael Harner, and Holger Kalweit, and from indigenous shamans throughout history. Shamanism for Beginners concludes with a thoughtful, empowering look at how shamanic practices can help restore balance and peace to our lives and the earth.

Positive Psychotherapy

Legendary trainer Tim Grover's internationally acclaimed training program used by the pros, including Michael Jordan and Kobe Bryant—now completely revised, updated, and expanded, with 100 new photos. Since 1989 when Tim Grover began training Michael Jordan, hundreds of elite competitors have turned to Grover to become stronger, faster, and more powerful, both physically and mentally. From Jordan to Kobe Bryant to Dwyane Wade and countless other superstars, Grover's revolutionary methods have made the best even better, year after year. In Jump Attack, Grover shares the revolutionary program

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he uses to train the pros. A fitness bible for athletes around the world, this three-phase, twelve-week program has been completely updated with new exercises and workouts as well as cutting-edge information on training, nutrition, longevity, injury prevention, and more. Devised for explosive power, quickness, endurance, and agility, this intensely challenging workout pushes athletes out of their comfort zones, tests their capacity to go harder, and turns “I can’t” into “Just try and stop me.” You don’t have to be an elite athlete to benefit from Grover’s program—but you can attain the mindset of a champion through the physical program outlined in this complete plan. Says Grover: “This is how my pros do it. If you want to become more explosive, stronger, and faster, if you want to jump higher and improve your overall athletic performance in any sport, this is exactly how we do it today: This program is the difference between jumping and taking flight.”

When the Machine Made Art

A new look at Clean Language and how it works. The drug-free resolution of problem patterns of behaviour, feeling, and belief is as important for health and personal development professionals to master as it is for their patients and clients to achieve. This guide has a bias towards the talking therapies - and in particular the radical new art and science of Clean Language - but its precepts and procedures are applicable to any area of human enquiry. One of the considerable benefits of working in Clean Language and Autogenic (self-generated) Metaphor is that

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complex patterns can be codified into relatively simple configurations which can be explored by the client without shape-changing interference by the therapist, coach, counsellor or facilitator. A problem pattern can be more efficiently discerned, more easily decoded, and more effectively resolved. www.wayfinderpress.co.uk

Artificial Intelligence Applications and Innovations

Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

The UltraMind Solution

In a society riddled with rampant consumerism and unsustainable technology, it's easy for everyone, including shamans, to lose touch with the natural world. James Endredy, who has learned from tribal

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shamans around the globe, presents a new philosophy of shamanic practice called ecological shamanism, or ecoshamanism. Designed to deliver well-being and spiritual harmony, ecoshamanism is the culmination of the visionary practices, rituals, and ceremonies that honor and support nature. Exploring the holistic perspective of shamanism, Endredy encourages readers to establish a rewarding connection with sacred, life-giving forces using shamanic tools and practices. The author describes more than fifty authentic ecoshamanistic practices-including ceremonies, rituals, chanting, hunting, pilgrimage, and making instruments-that reinforce one's relationship with the natural world.

Awaken the Inner Shaman

Autogenic Training (AT) is simple and effective system for bringing about a deeply relaxing state of mind and body. In a time when finding ways to relax, let go and slow down are becoming increasingly important AT offers a fast and efficient series of exercises that can reduce the impact of Stress and frequent Anxiety. Autogenic Training can be easily integrated with numerous other therapies from Hypnosis or Counselling to Mindfulness and Meditation. Its practice is safe, non religious and contradicts no healthy spiritual or personal beliefs. This book will guide you through the six basic exercises of AT step by step, showing you how you can 'with practice' access your own inner resources and find peace of mind. The book also explores the construction and delivery of effective self suggestion (auto-suggestion)

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further enhancing the use of AT. Autogenic Training was developed by German Psychiatrist and Neurologist Johannes Heinrich Shultz. Since the first publication of his work in 1932 his realistic and effective methods have been taught around the world usually in medical, nursing and care environments. This book explores and explains the methods of Autogenic Training, the author 'Howard Davies' is an experienced Counsellor, Hypnotherapist and Stress Management Coach, who uses and teaches these techniques on a daily basis.

Ecoshamanism

The philosophy of Gilles Deleuze is increasingly gaining the prestige that its astonishing inventiveness calls for in the Anglo-American theoretical context. His wide-ranging works on the history of philosophy, cinema, painting, literature and politics are being taken up and put to work across disciplinary divides and in interesting and surprising ways. However, the backbone of Deleuze's philosophy - the many and varied sources from which he draws the material for his conceptual innovation - has until now remained relatively obscure and unexplored. This book takes as its goal the examination of this rich theoretical background. Presenting essays by a range of the world's foremost Deleuze scholars, and a number of up and coming theorists of his work, the book is composed of in-depth analyses of the key figures in Deleuze's lineage whose significance - as a result of either their obscurity or the complexity of their place in the Deleuzian text - has not previously been well

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understood. This work will prove indispensable to students and scholars seeking to understand the context from which Deleuze's ideas emerge. Included are essays on Deleuze's relationship to figures as varied as Marx, Simondon, Wronski, Hegel, Hume, Maimon, Ruyer, Kant, Heidegger, Husserl, Reimann, Leibniz, Bergson and Freud.

Advanced Autogenic Training and Primal Awareness

Dr. Stevens describes the core source of human fear--inner dragons that consume power through greed, self-deprecation, arrogance, impatience, martyrdom, self-destruction, and just plain stubbornness.

Resolving Problem Patterns: With Clean Language and Autogenic Metaphor

Considering how culturally indispensable digital technology is today, it is ironic that computer-generated art was attacked when it burst onto the scene in the early 1960s. In fact, no other twentieth-century art form has elicited such a negative and hostile response. When the Machine Made Art examines the cultural and critical response to computer art, or what we refer to today as digital art. Tracing the heated debates between art and science, the societal anxiety over nascent computer technology, and the myths and philosophies surrounding digital computation, Taylor is able to identify the destabilizing forces that shape and

eventually fragment the computer art movement.

A Concise Encyclopaedia of Psychiatry

A revolutionary call to reawaken our bodies and minds to powerful healing through ecstatic movement • Shows how shaking medicine is one of the oldest healing modalities--practiced by Quakers, Shakers, Bushmen, Japanese, and others • Teaches readers how to shake for physical as well as spiritual therapeutic benefit Shaking Medicine reintroduces the oldest medicine on earth--the ecstatic shaking of the human body. Most people's worst fear is losing control--of their circumstances, of their emotions, and especially of their bodies. Yet in order to achieve the transcendent state necessary to experience deep healing, we must surrender control. Examining cultural traditions from around the world where shaking has been used as a form of healing--from the Shakers and Quakers of New England to the shaking medicine of Japan, India, the Caribbean, the Kalahari, and the Indian Shakers of the Pacific Northwest--Bradford Keeney shows how shaking can bring forth profound therapeutic benefits. Keeney investigates the full spectrum of the healing cycle that occurs when moving from ecstatic arousal to deep trance relaxation. He explains how the alternating movement produced while shaking brings all the body's energetic systems into balance. He includes practical exercises in how to shake for physical therapeutic benefit, and he shows how these techniques lead ultimately to the shaking medicine that both enables and enhances spiritual attunement.

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An intimate glimpse into the world of ancient Peruvian spiritual practice and cosmology • Reveals the mysteries of the world of living energy (kawsay pacha) through intensive in-depth interviews with six Q'ero mystics • Explores the energetics, spirits, tools, and practices of Andean mysticism--the real story behind the fictionalized accounts in The Celestine Prophecy Known as the "keepers of the ancient knowledge," the Q'ero Indians of Peru are the most respected mystics of the south-central Andes. In 1996 Joan Parisi Wilcox traveled to the Andes and was able to record the mysteries of kawsay pacha, the multidimensional world of living energy, through more than 40 hours of intensive interviews with six Q'ero paqos, masters of the ancient spiritual traditions of Peru. The Q'ero are known for having preserved the Inca spiritual tradition more purely than any other indigenous population in the Andes. The in-depth interviews presented in this book recount the direct words of these masters so readers can discover for themselves the mind and heart space of these people. Four new chapters of this revised edition focus on the work of the mesa, the Andean form of a spiritual medicine bundle, and its use as a conduit for the healing energies of nature. The mesa is called the "heart's fire" because it represents the finest energy--the energy of compassion--that a paqo cultivates while walking the sacred path. Wilcox provides instructions on how to make, activate, and work with a mesa, as well as other practical exercises showing how we can use the power of the Andean

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spiritual tradition in our own lives.

Earthwalks for Body and Spirit

A guide to integrating ecstatic trance, soul retrieval, and psychotherapy to overcome emotional challenges and deepen your connection to all life on Mother Earth • Describes the methodologies of ecstatic trance and psychotherapy, explaining how they can be integrated in a way that feels familiar and safe • Illustrates five ecstatic postures for strengthening identity, uncovering the root of suffering, and aligning with a spirit guide • Includes three in-depth case studies to illustrate how to override negative beliefs and habits and experience oneness with the Earth and all life Sharing the wisdom of shamanic healing, Nicholas Brink creates an accessible link between psychotherapy and the ritualized use of ecstatic trance postures. He explains how ecstatic trance triggers the imagery that allows us to override negative beliefs and retrieve the lost innocence of the soul. He shows us how to broaden healing beyond the resolution of individual emotional and behavioral issues to create harmony in family, community, society, and the world around us. Integrating cognitive behavioral therapy, narrative therapy, and dream analysis, the author provides a unique model for tapping into the universal mind in a way that feels familiar and safe. He illustrates five ecstatic postures for emotional and spiritual growth, moving from finding a place of relaxation in which to strengthen your sense of self to the soul retrieval experience, which leads to the death of dysfunctional beliefs and

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restoration of your original innocence. The author shows how spirit guides can support us as we achieve the spiritual consciousness of the shaman and recognize the interdependence of all cultures and all living things on the planet. Using three in-depth case studies, Brink demonstrates how these practices can be used to resolve common psychological issues such as agoraphobia, panic attacks, irrational anger, mood swings, obsessive behaviors, and control issues. Allowing you to find your inner shaman--your ability to heal yourself and, in turn, to contribute to the healing of all life on our planet--ecstatic soul retrieval helps you overcome emotional and behavioral problems, override negative beliefs, and experience oneness with all life on Mother Earth.

Transforming Your Dragons

A guide to a long-established alternative therapy for stress-related disorders.

The Journey of Tunuri and the Blue Deer

Using repeated sets of exercises meant to relax and desensitize the mind, autogenic training equips patients to deal with chronic conditions such as anxiety disorders, recurring pain and stress. Patients learn how to gain control over their symptoms and improve coping to reduce suffering. This expanded edition presents practitioners with a concise exploration of autogenic technique and its clinical use for patients, especially in treating those suffering from chronic pain syndrome and disrupted sleep.

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Within you is a greater, wiser self that is not bound by your fears, worries, or perceived limitations. Dr. José Luis Stevens calls this the Inner Shaman—the part of you that connects directly to the true source of the universe. "The shamans of every tradition know that the physical world we can see and touch is a mere shadow of the true spirit world," writes Dr. Stevens. With *Awaken the Inner Shaman*, he presents a direct and practical guide for opening our eyes to the greater wisdom and knowing within—and stepping into the power and responsibility we possess to shape and serve our world. In this rousing and provocative book, he invites readers to discover: What is the Inner Shaman? How an understanding of our deeper spiritual potential shows up in every mystical and scientific tradition. Seeing through the heart—why the heart offers us the most immediate path for accessing the Inner Shaman Illuminating the Inner Shaman through spirituality, quantum physics, medical science, and experiential knowing The Inner Shaman in action—how to stop living from the egoic mind and put your true essence in charge Eight tools to strengthen your connection to the Inner Shaman, and much more Humanity has become enthralled by the Siren's song of technological progress, which has lured us away from the spiritual source that truly sustains us. In *Awaken the Inner Shaman*, Dr. José Stevens challenges us to reclaim our lost power to heal, see truly, and fulfill our purpose in life. As Dr. Stevens writes: "The Inner Shaman, suppressed and ignored for centuries, can be discovered in the most

obvious place possible—within your own heart."

Autogenics 3.0

A Shamanic Odyssey of Discovery When you leave the beaten path of civilization, you enter the world of primal and mysterious forces—and encounter wonders you never thought possible. This is the territory of the shaman. To learn the secrets of shamanism, José Luis Stevens has traveled to the remote and wild places where the oldest human spiritual practice still exists in its purest form. With *Encounters with Power*, this respected teacher invites you to experience his journeys to meet shamans around the globe—and share in the wisdom he received. Join this master storyteller as he recounts his meetings with Spirit in its many guises, including:

- India and the Life-Changing Reading—at a turning point in his life, Jose receives a startlingly accurate prophecy
- Lost in Mexico—a humbling education in the difference between “power” and “control”
- The Guatemala Test and Initiation—the power of being frugal with judgment and generous with forgiveness
- Encounters with the Power of Aborigines and Songlines Down Under—sometimes the teacher appears when the student is not ready
- Journeys for Power with Medicine—visions with the plant spirit of ayahuasca
- A Magical Andes Wedding—an unforgettable ceremony attended by people, spirits, and the forces of nature
- The Dolphin Brujos—nature’s tricksters teach a sharp lesson in responsibility and humility
- Encounters with the Dark Shaman—a perilous jungle journey reveals the

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ferocity of nature and the dangerous side of shamanic practice • Nevado Aconcagua: Pilgrimage to a Sacred Mountain—how a holy place can be both a dangerous trial and a source of limitless support Power is everywhere—encounters with power can happen any time. “In my travels to meet these extraordinary healers,” writes José, “I’ve had terrifying, enlightening, and at times hugely entertaining adventures. Power can destroy us or it can raise us up by teaching us and nourishing us. I may not be a master, but I have learned a few things that you may find helpful on your own quest.”

Autogenic Training

This book constitutes the refereed proceedings of the 15th IFIP WG 12.5 International Conference on Artificial Intelligence Applications and Innovations, AIAI 2019, held in Hersonissos, Crete, Greece, in May 2019. The 49 full papers and 6 short papers presented were carefully reviewed and selected from 101 submissions. They cover a broad range of topics such as deep learning ANN; genetic algorithms - optimization; constraints modeling; ANN training algorithms; social media intelligent modeling; text mining/machine translation; fuzzy modeling; biomedical and bioinformatics algorithms and systems; feature selection; emotion recognition; hybrid Intelligent models; classification - pattern recognition; intelligent security modeling; complex stochastic games; unsupervised machine learning; ANN in industry; intelligent clustering; convolutional and recurrent ANN; recommender systems; intelligent

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telecommunications modeling; and intelligent hybrid systems using Internet of Things. The papers are organized in the following topical sections: AI anomaly detection - active learning; autonomous vehicles - aerial vehicles; biomedical AI; classification - clustering; constraint programming - brain inspired modeling; deep learning - convolutional ANN; fuzzy modeling; learning automata - logic based reasoning; machine learning - natural language; multi agent - IoT; nature inspired flight and robot; control - machine vision; and recommendation systems.

Encyclopedia of Counseling

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two-volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements. This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses. This is a quick, one-stop source that gives the reader the “who, what, where, how, and why” of contemporary counseling and psychotherapy theory. From historical context in which the theories were developed to the theoretical underpinnings which drive the theories, this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter. Features & Benefits: Approximately 335 signed entries fill two volumes available in a

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choice of print or electronic formats. Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context. A Master Bibliography and a Resource Guide to key books, journals, and organizations guide students to further resources beyond the encyclopedia. The Reader's Guide, a detailed Index and the Cross References combine for effective search-and-browse in the e-version and helps students take the next steps in their research journeys. This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory. It is ideal for the public and professionals, as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree.

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