



Psychotherapy & Spirituality: Crossing the Line between Therapy and Religion (Perspectives on Psychotherapy series)

William West

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There have been many books written about counselling with respect to class, politics, gender, culture and similar issues but, as far as I am aware, this is the first major work to be presented in this country about working with a client's spirituality and the importance this may have.... Is a must for trainees in the field and for those who feel a client's spirituality is an irrelevance' - *Cahoots*

This is a textbook covering all aspects of this subject, eg there is a chapter on "why therapists need training in dealing with spiritual issues" and another on "the meeting place and the differences between spiritual direction and therapy". I recommend this book to practitioners in this field' - *Retreats*

This thoughtful and intelligent book encourages psychotherapists and counsellors to consider seriously the relationship between spiritual experiences and therapeutic practice. It proposes that therapy itself can be seen as a spiritual process and discusses the implications of this view for therapists, clients and the wider world.

Examining the relationship between spirituality and the main schools of therapy, William West distinguishes clearly between spiritual direction and specific therapies. He offers practical advice to help practitioners increase their awareness of spiritual issues, and guidance on the use of spiritual interventions within therapy.

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