

Where To
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Subpersonalities
The People Inside
Us
The People
Inside Us

The bestselling,
beloved classic on
how to go into the
dark side of yourself
to bring out the light
-- now with new
material. Debbie

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Ford believes that we each hold within us a trace of every human characteristic that exists, the capacity for every human emotion. We are born with the ability to express this entire spectrum of characteristics.

But, Ford points out,

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our families and our
society send us
strong messages

about which ones are
good and bad. So
when certain
impulses arise, we
deny them instead of
confronting them,
giving them a
healthy voice, then
letting them go. It is

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to these feelings that Ford turns our attention, these parts of our selves that don't fit the personae we have created for the rest of the world. She shows us the effects of living in the dark, of keeping all our supposedly unsavory impulses

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under wraps. We find ourselves disproportionately frustrated and angry at the selfishness of friends, the laziness of colleagues, the arrogance of siblings. When we are unable to reconcile similar impulses in

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ourselves, Ford
explains, we waste
our own energy

judging others
instead of

empathizing. But
most important, we
deny ourselves the
power and freedom
of living
authentically.

Through the stories

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Us
and exercises in *The
Dark Side of the
Light Chasers*,

Debbie Ford shows
us not only how to
recognize our hidden
emotions, but also
how to find the gifts
they offer us. This is
for fans of Marianne
Williamson, Neale
Donald Walsch, and

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Deepak Chopra. The very impulses we most fear may be the key to what is lacking in our lives. The transpersonal approach has become of increased interest recently because of the impact of Ken Wilber's work,

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especially his map of
psychospiritual
development.

Psychology and
spirituality are now
linked in a very
convincing way,
where one grows out
of the other, distinct
but connected. The
author of this book
has maintained an

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interest in the
transpersonal for the
past 20 years and he
devotes the entire
book to this subject.
The book provides
an account of the
transpersonal as it
applies to
psychotherapy and
counselling -
showing where the

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idea comes from,
how it has developed
and how it can be
used.

This highly
acclaimed,
groundbreaking
work describes the
Psychology of
Selves and the Voice
Dialogue method.

Internationally

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renowned
The People Inside
Us
psychologists Hal
and Sidra Stone
introduce the reader
to the Pusher, Critic,
Protector/Controller,
and all the other
members of your
inner family. They
have refined the
process to the point
where voice

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dialogue is considered one of the most effective techniques in psychology today. Increasing numbers of therapists around the world are discovering the benefits of parts therapy and its variations to help

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clients get past
personal barriers.

Variations of parts
therapy such as ego
state therapy or
voice dialogue are
already used by
many
psychotherapists and
psychologists who
also use hypnosis in
their practices. This

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book will provide
therapists with the
added knowledge of
parts therapy.

A Field Guide to the
Human Psyche
Including parts
therapy

The Development of
Personality
Psychotherapy and
Counselling

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The People Inside
Us
The Adult Baby
Identity - the
Complete Collection

Soulcraft

Investigations on

Receiving

Information from

Paranormal Sources,

Second Edition

Since 1980, depth

psychologist Bill

Plotkin has been

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guiding women and
men into the

wilderness – the
redrock canyons and
snow-crested
mountains of the
American West – but
also into the wilds of
the soul. He calls this
work soulcraft.

There ' s a great
longing in all people
to uncover the secrets
and mysteries of our

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individual lives, to find the unique gift we were born to bring to our communities, and to experience our full membership in the more-than-human world. This journey to soul is a descent into layers of the self much deeper than personality, a journey meant for each one of us, not just for the

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heroes and heroines
of mythology. A
modern handbook for
the journey, Soulcraft
is not an imitation of
indigenous ways, but
a contemporary
nature-based
approach born from
wilderness
experience, the
traditions of Western
culture, and the cross-
cultural heritage of all

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humanity. Filled with stories, poems, and guidelines, Soulcraft introduces over 40 practices that facilitate the descent to soul, including dreamwork, wilderness vision fasts, talking across the species boundaries, council, self-designed ceremony, nature-based shadow work,

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and the arts of
romance, being lost,
and storytelling.

In the 1960s Eric
Berne's Games
People Play became
an international
bestseller. It put the
'pop' in psychology.
Forty years on, it's
time for an update -
Let Your Past Go is
just that.

"Most therapists,

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regardless of theoretical approach, intuitively recognize that their sense of self intimately influences their work. Using this elemental truth as a launching pad, Rowan and Jacobs articulate the different avenues through which the self informs therapy, and how each can be used to improve

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therapeutic effectiveness. Along the way the authors provide a masterful exposition of transference, countertransference, and projective identification, throwing much needed light on topics that have long been mired in controversy and confusion. The book is

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a priceless resource
for experienced

therapists and those
just beginning the
journey." - Professor

Sheldon Cashadan,
author of Object

Relations Therapy
and The Witch Must
Die: The Hidden

Meaning of Fairy
Tales "Outstandingly
in the current

literature, this book

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meets the conditions for integrative psychotherapy to fulfil its undoubted potential as the therapy pathway of the future. Much has to change in our field. First, people have to become better informed and more respectful of other traditions than their own, engaging with all

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kinds of taboo topics. Next, vigorous but contained dispute has to take place without having a bland synthesis as its goal. Finally, the current situation in which 'integration' runs in one direction only - humanistic and transpersonal therapists learning from psychoanalysis -

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has to be altered.

Rowan and Jacobs,
each a master in his
own field, have done
a wonderful
collaborative job. The
book's focus on what
different ways of
being a therapist
really mean in
practice guarantees
its relevance for
therapists of all
schools (or none) and

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at every level." -

Andrew Samuels,

Professor of

Analytical

Psychology,

University of Essex

and Visiting Professor

of Psychoanalytic

Studies, Goldsmith's

College, University of

London "There is no

question in

psychotherapy more

important than the

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degree to which the practitioner should be natural and spontaneous. Would it be sensible to leave one's ordinary, everyday personality behind when entering the consulting room and adopt a stance based on learned techniques? This is the question addressed by Rowan

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**& Jacobs in The
Therapist's Use of
Self**, approaching it
from various angles
and discussing the
relevant ideas of
different schools of
thought. The authors
are very well-informed
and write with
admirable clarity,
directness and
wisdom and have
made an impressive

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contribution to a problem to which there is no easy solution". - Dr. Peter Lomas, author of *Doing Good? Psychotherapy Out of Its Depth*. This book deals with what is perhaps the central question in therapy - who is the therapist? And how does that actually come across

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and manifest itself in the therapeutic relationship? A good deal of the thinking about this in psychoanalysis has come under the heading of countertransference. Much of the thinking in the humanistic approaches has come under such headings as empathy,

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genuineness,
nonpossessive
warmth, presence,
personhood. These
two streams of
thinking about the
therapist's own self
provide much material
for the bulk of the
book - but other
aspects of the
therapist also enter
the picture, including
the way a therapist is

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trained, and uses supervision, in order to make fuller use of her or his own reactions, responses and experience in working with any one client. The book is aimed primarily at counsellors and psychotherapists, or trainees in these disciplines. It has been written in a way

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that is accessible to students at all levels, but it is also of particular value to existing practitioners with an interest in the problems of integration.

This original and pioneering study of how men relate to feminism will appeal to all men who are concerned about their

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response to the women's movement and to the women in their lives. It will also be helpful for women seeking a constructive response from men.

John Rowan, drawing on his personal journey through feminism and on his considerable experience as a therapist, tackles the

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issues in a much deeper way than has been attempted before. For men to discover feminism is wounding for them. It can even make them despair about being men at all. But unless they accept that wound, nothing much will change. John Rowan shows that men have to heal that

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wound at a conscious social-political level, changing laws, practice and daily behaviour. They have to heal it at an unconscious level, through therapy, exploring their profound feelings about their mothers, their fathers and their own internal female nature. They also

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have to heal the wound at a spiritual-transpersonal level, exploring the world of the Goddess and the Horned God. Only then, says, John Rowan, can they start to have any real dialogue with women, and only then can the world begin to change for both men and women.

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Feminism and Men
As Wounding and
Healing

Re-Visioning

Psychosynthesis

Safe, Sane and
Consensual

Our Inner World and
the People in it

An Exercise Book for
the IFS Process

The Therapist's Use
Of Self

Wild Mind

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*National Book Award
Finalist: "This man's
ideas may be the
most influential, not
to say controversial,
of the second half of
the twentieth
century."—Columbus
Dispatch At the heart
of this classic,
seminal book is
Julian Jaynes's still-
controversial thesis
that human*

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consciousness did not begin far back in animal evolution but instead is a learned process that came about only three thousand years ago and is still developing. The implications of this revolutionary scientific paradigm extend into virtually every aspect of our

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psychology, our
history and culture,
our religion—and
indeed our future.

*“Don't be put off by
the academic title of
Julian Jaynes's The
Origin of
Consciousness in the
Breakdown of the
Bicameral Mind. Its
prose is always lucid
and often lyrical...he
unfolds his case with*

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*the utmost
intellectual*

*rigor.”—The New
York Times “When
Julian Jaynes . . .
speculates that until
late in the twentieth
millennium BC men
had no consciousness
but were
automatically
obeying the voices of
the gods, we are
astounded but*

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compelled to follow this remarkable thesis.”—John Updike, The New Yorker “He is as startling as Freud was in The Interpretation of Dreams, and Jaynes is equally as adept at forcing a new view of known human behavior.”—American Journal of

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Psychiatry
From Robert A.

Johnson, the
bestselling author of
Transformation,
*Owning Your Own
Shadow*, and the
groundbreaking
works *He, She, and
We*, comes a
practical four-step
approach to using
dreams and the
imagination for a

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journey of inner transformation. In Inner Work, the renowned Jungian analyst offers a powerful and direct way to approach the inner world of the unconscious, often resulting in a central transformative experience. A repackaged classic by a major name in

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the field, Robert
Johnson's Inner Work
enables us to find
extraordinary
strengths and
resources in the
hidden depths of our
own subconscious.
Hal and Sidra Stone
are the creators of
"Voice Dialogue"
process, a therapy
that transforms the
inner critic from

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*crippling adversary
to productive ally.*

*The inner critic. It
whispers, whines,
and needles us into
place. It checks our
thoughts, controls
our behavior, and
inhibits action. It
thinks it is protecting
us from being
disliked, hurt, or
abandoned. Instead,
the critical inner*

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voice causes shame, anxiety, depression, exhaustion, and low-self-esteem. It acts as a powerful saboteur of our intimate relationships and is a major contributor to drug and alcohol abuse. Through examples and exercises, the Stones show us how to recognize the critic,

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how to avoid or minimize "critic attacks," and, most important, how the inner critic can become an intelligent, perceptive, and supportive partner in life.

Understand your psyche in a clear and comprehensive way, and resolve deep-

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seated emotional
issues... 'Self-

Therapy' makes the
power of a cutting-
edge psychotherapy
approach accessible
to everyone. *Internal
Family Systems
Therapy (IFS)* has
been spreading
rapidly across the
country in the past
decade. It is
incredibly effective

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on a wide variety of life issues, such as self-esteem, procrastination, depression, and relationship issues. IFS is also user-friendly; it helps you to comprehend the complexity of your psyche. Dr. Earley shows how IFS is a complete method for psychological healing

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that you can use on your own. 'Self-Therapy' is also helpful for therapists because it presents the IFS model in such detail that it is a manual for the method. The fact that Jay Earley wrote this book is high praise for the IFS model because he was an accomplished writer

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and thinker long
before encountering
IFS. Jay's passion has
been to introduce
IFS to a lay audience
so that people can
work with their parts
on their own.
Through well-
described
experiential
exercises and
examples of actual
IFS sessions, you will

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*be able to enter your
inner world, heal
your extreme parts,
and transform them
into valuable
resources. -Richard
Schwartz, PhD,
creator of IFS, from
the Foreword*

*Channeling
A Guide to
Humanistic
Counselling and
Psychotherapy*

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Us
*Crossing into the
Mysteries of Nature*

and Psyche

What's Normal?

Matching the

Integrative

*Treatment Plan to
the Client*

Contemporary

Perspectives on

Sadomasochism

*Freedom from family,
relationship and*

work baggage

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Have you ever
felt there was
more than one

you? That
sometimes you
are one type of
person,
sometimes
another? Do you
ever find
yourself saying
'yes' when you
meant to say
'no'? Deciding

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Us
to do one thing,
then actually
doing another?

Well-known
psychologist and
writer John
Rowan shows how
each of us is
made up of a
number of 'subpe
rsonalities'. If
we wish to be in
charge of our
inner world we

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had better find
out who they are
and what they
do. Lively and
entertaining,
with

questionnaires
and simple
exercises,

Discover Your
Subpersonalities
will enable you
to get to know
the people

Where To Download Subpersonalities inside you! The People Inside

Us
Integral
psychotherapy to
scholars,
practicing psych
otherapists, and
general readers.

"Depth
psychologist and
wilderness guide
Plotkin offers
advice on
recognizing and

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healing inner
wounds and
destructive
patterns of
behavior, which
can develop into
subpersonalities
such as inner
critics,
victims,
escapists,
rescuers, and so
on, with the
goal of growing

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into an
integrated,
healthy adult-
and elder-
hood"--

An exploration
of the
theoretical
foundations of
psychosynthesis,
with an in depth
focus on two
central
concepts: "I, "

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our most
essential
identity, and
Self, the deeper
ontological
reality of which
"I" is a
reflection. The
author examines
principles
outlined by
Roberto
Assagioli, the
founder of

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psychosynthesis,
carefully

critiques them,
and suggests a
re-visioning of
psychosynthesis
as a whole.

Theology,
Psychology and
the Plural Self
Parts Psychology
Hypnosis for
Inner Conflict
resolution

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The Therapist's
The People Inside
Notebook for

Use
Integrating
Spirituality in
Counseling II
The Voice
Dialogue Manuel
More Homework,
Handouts, and
Activities for
Use in
Psychotherapy
The Dark Side of
the Light

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Chasers
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[This book's]
fundamental
thesis is a rather
challenging one -
the idea that the
unified, singular
"self," which we all
take for granted
we possess, does
not exist...
fascinating and

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important... I will
certainly revisit
the book... when
you're ready for a
challenge, this
book is certainly
worth dipping
into' -

"Counselling News
" I thoroughly
recommend this
book. I found it

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challenging,
provocative,
exciting and full of
delights. (It makes
such a change to
be told that ideal
personality
characteristics
would include a
Monty
Pythonesque
sense of humour

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Subpersonalities,
The People Inside
Us
and a tolerance of
mind-altering
drugs!) While

reading it I often
felt nourished and
refreshed" - The
Journal of Critical
Psychology,
Counselling and
Psychotherapy
"With the
emergence of

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postmodern thinking, the notion of a unified, singular self' appears increasingly problematic. Yet for many, postmodernism's proclamation of the death of the subject' is equally

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problematic. As a response to this dilemma, there has been a rise of interest in pluralistic models of the self' in which the person is conceptualized as a multiplicity of subpersonalities, as a plurality of

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existential
possibilities or as a
being' which is

inextricably in-dial
ogue-with-others.

Bringing together
many disciplines,
and with

contributions
from foremost
writers on self-
pluralism, The

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Plural Self
overviews and
critiques this
emerging field.
Drawing together
theory, research
and practice, the
book expands on
both the
psychological and
philosophical
theories

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underlying and
associated with

self-pluralism, and
presents empirical
evidence in
support of the self-
pluralistic
perspective,
exploring its
application within
a clinical and
therapeutic

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setting.

The People Inside
Us
This is the
companion text to
The Tyranny of the
Normal: An
Anthology. It
examines the
issues of
abnormalities in
mental health,
intelligence, and
sexual behaviour.

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Both books are
comprised of
literary and
fictional readings
and commentary
by health care
professionals and
medical ethicists.
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Routledge
This first volume

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in the Seminars in
Psychological
Astrology series
includes Stages of
Childhood, The
Parental Marriage,
Subpersonalities,
and Puer and
Senex. This is an
extremely
important book
for anyone who

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wants to combine
astrology and
psychology in the
counseling
process.

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Internal Family
Systems Therapy
Let Your Past Go
and Live
Turning Self-
Criticism into a

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Creative Asset
I and Self
Inner Work

Self-Therapy: A
Step-By-Step
Guide to Creating
Inner Wholeness
Using Ifs, a New,
Cutting-Edge
Therapy

***An insightful guide
for consciously***

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*bringing
compassion and
love into your life •*

*Explores feelings,
attitudes, beliefs,
and past*

*experiences that
block us from loving
and receiving love •*

*Includes deceptively
simple yet profound
exercises,*

*meditations, and
visualizations to*

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Us

**support the
exploration of your
inner world •**

***Explains how these
principles and
techniques***

originated in

***Roberto Assagioli's
system of***

psychosynthesis,

enriched by the

***Findhorn experience
of living in***

community Every

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person is born with the capacity to love. Over time, however, many of us have built barriers within ourselves as a reaction to painful experiences, and following these, we often develop fears, beliefs, and behaviors that keep these barriers firmly in place. The

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*primary lesson in
life is to learn to
love, and this starts
right on our
doorstep. Often it is
self-doubt and
feelings of
unworthiness that
hold us back from
experiencing all the
love around us. Only
when we start to
love and accept
ourselves with all*

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*that we are can we
love others freely
and fully. Learning
to love requires an
intention to change
and a willingness to
take action. Once we
understand how to
work with our
doubts and fears
and learn how to
change our beliefs
and behavior, our
barriers will melt*

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Up*
**away and we
spontaneously open
up to connect
deeply and
harmoniously with
the full flow of the
river of life. In this
simple yet insightful
guide, Eileen Caddy
and David Earl
Platts detail the
down-to-earth
practicalities of
exploring feelings,**

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*attitudes, beliefs,
and past*

*experiences that
block us from loving
and from receiving
love. They show
how bringing more
love into our lives is
not a mystery but
often a journey back
to ourselves and our
core values. The
authors examine the
feelings of*

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**acceptance, trust,
forgiveness,**

**respect, opening up,
and taking risks,
among others,
within a framework
of compassionate
understanding and
non-judgment.**

**Deceptively simple
yet profound
exercises,
meditations, and
visualizations**

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*support the reader
in examining their
inner world and
implementing these
vital concepts into
their lives. The
teachings in the
book are based on
popular workshops
that Eileen, co-
founder of the
Findhorn
Foundation
Community, and*

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David facilitated for years in and outside Findhorn. Many of the underlying principles and techniques originate in the system of psychosynthesis, devised by Roberto Assagioli. Learning to Love invites you to make a free and informed choice to bring more love into

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*your life, and then
helps you*

*implement this
choice step-by-step
with confidence and
joy.*

*Praise for Clinical
Case Formulations
Matching the
Integrative
Treatment Plan to
the Client,
Second Edition*

"[Barbara Ingram

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The People Inside

***has put] a career
into the
development of
thisbook and it is
wonderful! My
students love that it
was written
withthem in mind
and they love the
statements
designed to
reduceanxiety and
normalize the
learning process.***

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This is an excellent book!"—Amy M. Rees-

Turyn, PhD

*Associate Professor
of Counseling*

*Psychology, Lewis
& Clark College*

*A
step-by-step model
for individualized ca
se conceptualization*

*Fully revised and
updated, the second
edition of*

Clinical Case

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***Formulations
provides step-by-
step tools and
insightful guidance
for moving from first
contact with a client
to the development
of an effective,
personalized
treatment
plan. Addressing the
essential question
every
therapist faces—How***

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do I create a treatment plan that is the bestmatch for my client?—this unique resource provides a systematic and thoughtful method for integrating ideas, skills, and techniques from different theoretical approaches. It combines empirical

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research and clinical experience to create a caseformulation that is tailor-made for the client. This comprehensive resource offers two tools to guide caseformulations: a problem-oriented framework, with a list of 28 standards for evaluating its application, and a

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***set of 30 coreclinical
hypotheses derived
from the knowledge
bases of psychology
,psychiatry,
counseling, and
social work
professions. The
new edition
includes:***

***Hypotheses on
Emotional Focus,
Trauma, and Metaco
gnitivePerspective***

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More detailed attention given to empirically supported therapies such as Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT) Discussion on the importance of bringing cultural competence to case

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*formulation tasks
with every client*

***Skill-building
activities throughout
the text Offering a
thorough framework
to help clients
experience effective
clinical service,
practitioners will
learn
to conceptualize
clients' needs in
ways that lead to***

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***strong
and individualized
treatment plans, as
well as advice and
guidance on what to
do when selected
interventions fail to
produce the
expected benefits.
Knowing who you
are and what your
personal identity is
will always be a
powerful and***

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*important goal. For
diaper wearers and
adult babies of
course, this is
complicated by the
duality of nature -
part infant and part
adult.*

*Understanding that
is terribly difficult
and for most, we
end up staggering
through life, not
really sure who we*

Where To
Download

*are, how we came to
be and how to feel
good about
ourselves. These
FOURbooks in one
volume lay a great
psychological
foundation on the
issues of Adult
Regression and a
worthy read for
anyone interested in
the topic, either as
an observer or as a*

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participant. If you are an adult baby or related to one, this book will give you a deeper understanding of just why ABDLs exists and how to understand why it is not something you can just decided to give up or stop doing. It is part of the identity and

Where To Download

*therefore, part of
who we truly are.*

*Have you ever felt
there is more than
one you? That
sometimes you are
one type of person,
sometimes another?
Do you ever find
yourself saying `yes'
when you meant to
say `no'? Or
deciding to do one
thing, then actually*

Where To
Download

*doing another? Most
of us have had this
experience of
another personality
taking us over,
causing us to
behave in an
unintended way.
Why do we do it?
What's going on?
Well known
psychologist and
writer John Rowan
shows how each of*

Where To
Download

*us is made up of a
number of*

'subpersonalities'.

*Some may help us,
some may hinder
us. If we want to be
in charge of our
inner world we had
better find out who
they are and what
they do. John
Rowan has written
this book*

specifically to

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Subpersonalities
The People Inside

***enable you to do
this. Lively and
entertaining, with
questionnaires and
simple exercises,
Discover Your
Subpersonalities
will enable you to
get to know the
people inside you!
A New Model of
Therapy for the
Treatment of
Psychological***

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The People Inside

**Problems Through
Healing the Normal
Multiple**

**Personalities Within
Us : Case Studies in
the Psychotherapy
of Mental Disorders
Clinical Case
Formulations**

**The Horned God
A Transpersonal
View of Trauma,
Addiction, and
Growth**

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***The People Inside
Us***

Personification

***Our Inner World and
the People in It***

***This book adopts a
novel, even
revolutionary,
approach to healing
a wide range of
psychological
problems in therapy.***

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Download

*The premise is that
all of us have a
number of multiple
personalities within
us who powerfully
influence every
aspect of our lives.
By locating these
internal parts and
neutralizing the
effects of the high-
energy, often*

Where To
Download
Subpersonalities
*traumatic,
The People Inside
Us
experiences that
created them, Parts
Psychology
demonstrates that
patients can heal
rapidly and
completely from
long-held emotional
issues. The core of
the book contains
the healing*

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*narratives for 12
patients who, except
for the problems
that brought them to
therapy, lead
relatively normal
lives. Several
chapters describe
the treatment
process for such
problems of
emotional intimacy*

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Us

as lost love, low sexual desire, jealousy, and sexual swinging. Others describe issues of compulsion such as binge eating, porn addiction and bulimia. Several chapters detail success stories in the treatment of

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anger and rage,
The People Inside

depression, grief

Us
and anxiety. Child

abuse appears in the

history of a number

of patients. Each

story begins with the

first meeting with

the therapist and

concludes when the

patient graduates

from therapy. A first

Where To Download

*look at patients
inner worlds might
suggest to some the
presence of multiple
personality disorder
(dissociative identity
disorder). And many
patients are shocked
to find that they can
have conversations
with themselves.*

However, the case

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Us

studies illustrate that having unconscious parts (subpersonalities), represented by a range of images, is normal. Although people may use fascinating images to represent their internal worlds, the more important

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*Subpersonalities
The People Inside
Us*
***content of a part of
the self is its unique
set of memories.***

***Life experiences
recorded in memory
are the subject
matter for therapy.
Adult issues always
have to do with the
painful or novel life
experiences that
created the parts***

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*Subpersonalities
The People Inside
Us*
*and the problems in
a person's life,
especially the
adaptations and
experiences of
childhood.*

*Is the human self
singular and unified
or essentially
plural? This book
explores the
seemingly disparate*

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*Subpersonalities
The People Inside
Us*
*ways that Christian
theology and the
secular human
sciences have
approached this
complex question.
The latter have
largely embraced
the idea of the
plural self as an
inescapable, even
adaptive feature of*

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Us

psychological life.
Contemporary
Christian theology,
by contrast, has
largely neglected
recent psychological
accounts of the
naturalness of self-
plurality, and has
sought to reaffirm
the self's unity in
opposition to those

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Subpersonalities

*postmodern
theorists who would
dismantle it.*

*Through an original
analysis of recent
theological and
secular accounts of
self and
personhood, this
book examines the
extent of the
intertheoretical*

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Us

*disparity and its
broader
implications for
theology's dialogue
with the human
sciences in general,
and psychology in
particular. It
explains why
theologians ought to
take questions about
the plurality of self*

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*Subpersonalities
The People Inside
Us*
*very seriously, and
how they overlap
with many of the
central concerns of
contemporary
theological
anthropology,
including the
notions of
relationality,
particularity and
human sinfulness.*

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Download

*Subpersonalities,
The People Inside
Us*
***Introducing a novel
psychological
framework to
distinguish various
understandings of
self-disunity, the
author argues that
contemporary
theology's blanket
condemnation of
self-multiplicity is
misconceived, and***

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Download

*identifies a possible
means of*

reconciling

theological and

human scientific

accounts.

Personification

discusses the theory

behind multiplicity

of the person and

reveals new

thinking and

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*research in the field,
as well as offering
guidelines for using
this information in
practice.*

*Emmerson's
innovative book
presents the theory
and practice of
working with ego
states, helping to
understand them,*

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*Subpersonalities
The People Inside
Us*
*recognize and use
them. "will be a
very valuable*

*addition to the
subject" Professor
V M Mathew MBBS
DTM&H DPM
MRCPsych MPhil,
Consultant
Psychiatrist and
Clinical Director,
West Kent NHS and*

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Social Care Trust

Discover Your

Subpersonalities

*A Psychology of the
Spirit*

Embracing Your

Inner Critic

Self-therapy

Workbook

Principles and

Practice

The Reality Game

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Subpersonalities
*Integral
Psychotherapy*
The People Inside
Us

**Argues that a
primal
wounding of
the human
spirit occurs
in earliest
human life
that disrupts
fundamental
relationships**

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Subpersonalities
The People Inside
Us

**and leads to
anxiety,
loneliness, and
alienation; and
shows how this
wounding can
be redeemed
through
therapy and
through living
one's life
differently. To**

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The People Inside
Us

**many of us,
modern life is
a headlong
rush to avoid
dark feelings
that threaten
to disrupt our
lives at every
turn. In order
to block the
surging tide of
this hidden**

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Us

**level of
experience, we
become
enthralled
with violence,
sex, and mass
media and
addicted to
alcohol, drugs,
and power,
and we
compulsively**

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Subpersonalities

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Us

**strive for
romance,
success, and
control. All of
this, according
to the authors,
can be traced
to the primal
wound--a dark
specter of
isolation,
abandonment,**

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Subpersonalities
The People Inside
Us
**and alienation
haunting
human life.**

**The primal
wound is the
result of a
violation we all
suffer in
various ways,
beginning in
early
childhood and**

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Subpersonalities

The People Inside

Us

**continuing
throughout
life. Because
we are treated
not as
individual,
unique human
beings but as
objects, our
intrinsic,
authentic
sense of self is**

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Subpersonalities

The People Inside

Us

annihilated.

This primal

wounding

breaks the

fundamental

relationships

that form the

fabric of

human

existence: the

relationship to

oneself, to

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Subpersonalities
The People Inside
Us

**other people,
to the natural
world, and to a
sense of
transpersonal
meaning
symbolized in
concepts such
as the Divine,
the Ground of
Being, and
Ultimate**

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**Reality. In this
book, Firman
and Gila apply
object
relations
theory, self-
psychology,
transpersonal
psychology,
and psychosyn-
thesis to the
issues of**

Page 138/196

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Us

**psychological
wounding,
healing, and
growth and
show how this
wounding can
be redeemed
through
therapy and
through
changing one's
way of living.**

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Us

**"Firman and
Gila integrate
important
material from
diverse
schools of
psychology
and then
expand it with
their personal
touch. The
Primal Wound**

Page 140/196

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presents a
The People Inside
Us
scholarly--yet

understandabl
e to the

educated lay p
erson--descrip

tion of some of
the important

dynamics of
psychological

wounding

from a broad

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**perspective,
while also
going deep
into the soul
and even
exploring our
relationship to
God. There is
little available
on this topic
and in the
area of trauma**

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The People Inside
Us

**psychology." --
Charles
Whitfield,
M.D., author
of Memory and
Abuse:
Remembering
and Healing
the Wounds of
Trauma "I
believe this
book's central**

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Subpersonalities
The People Inside
Us

**thesis to be
highly**

**provocative
and important.
Its strength is
that it uses the
idea of the
'primal wound'
as a focus for
a diverse
collection of
ideas from**

Where To
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**various sectors
of the
psychological
and
transpersonal
literature. This
kind of
integrative
scholarly work
is very
valuable. " --
John Suler,**

Page 145/196

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**author of
Contemporary
Psychoanalysis
and Eastern
Thought John
Firman and
Ann Gila are
teachers,
authors, and p
sychotherapist
s in private
practice in**

Where To
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**Palo Alto,
California.**

**Both were
trained in psyc
hosynthesis in
the early
1970s, and
Firman trained
with its
founder,
Roberto
Assagioli. They**

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**are adjunct
faculty
members at
the Institute
of
Transpersonal
Psychology
and lead
public and
professional
programs both
in the United**

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The People Inside
Us

**States and
abroad.**

**Psychotherapi
sts Firman and
Gila were both
trained in psyc
hosynthesis in
the early
1970s; Firman
trained with
its founder,
Italian**

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Us

**psychiatrist,
Roberto
Assaglio. Their
text elaborates
on much of the
traditional
material found
in psychosynth
esis literature
since the
1970s, and
incorporates**

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Subpersonalities
The People Inside
Us

**current
advances in
the area. It is
intended as a
companion to
the authors'
1997 text, The
Primal Wound:
A
Transpersonal
View of
Trauma,**

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**Addiction, and
Growth, and is
suitable as a
student text in
general
psychology
courses and in
beginning and
advanced
training in psy
chosynthesis,
as support for**

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**individuals
seeking to
understand
and facilitate
their own self-
realization
journey, and
as a resource
for
practitioners
in
psychotherapy,**

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**counseling,
and related
fields.**

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Inc., Portland,
OR**

**This book has
been replaced
by Internal
Family**

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**Systems
Therapy,
Second**

**Edition, ISBN
978-1-4625-41
46-1.**

**This book
includes work
on sadomasoc
hism from
across the
social sciences**

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**including
discussions of
the history and
culture of SM,
medical and
legal issues,
along with
theory and
original
research on
the topic. With
contributions**

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**from
academics,
practitioners
and activists,
this book
represents
some of the
most recent
cutting edge
work in the
field.**

Professional

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**Coaching
Through the
Grebbe-line to
Eternal Life
The Plural Self
The Origin of
Consciousness
in the
Breakdown of
the Bicameral
Mind
Using the**

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**Dialogical Self
in
Psychotherapy
and
Counselling
The
Transpersonal
The Primal
Wound**

*Incorporating a
wealth of
knowledge from*

Where To Download

*international
experts, this is an
authoritative guide
to provide a
comprehensive
overview of
professional
coaching.*

*Grounded in
current research,
it addresses the
historical, ethical,
theoretical, and
practice*

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foundations of professional coaching, and examines such key therapeutic approaches as acceptance and commitment, internal family systems, psychodynamic, and interpersonal. In easily accessible language, the book

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discusses core considerations for effective practice such as presence, meaning-making, mindfulness, emotions, self-determination, and culture. The reference examines the variety of practice settings for the profession,

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including executive, life/personal, health/wellness, spiritual, team, education, and career coaching, along with critical issues such as research advances, credentialing, and training. Further contributing to coaching savvy,

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The People Inside

the book has techniques for measuring client progress, applications of adult development, intentional change theory, and more. Chapters include recommendations for further reading. Key Features: Provides a comprehensive

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*overview of a fast-
growing field*

Includes

*contributions from
international*

experts Covers

historical,

professional,

philosophical, and

theoretical

foundations as well

as important

applications and

practice settings

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Includes

*suggestions for
further reading*

*More activities to
tap into the*

*strength of your
clients' spiritual
beliefs to achieve
therapeutic goals.*

*The Therapist's
Notebook for*

Integrating

Spirituality in

Counseling II is the

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second volume of a comprehensive two-volume resource that provides practical interventions from respected experts from a wide range of backgrounds and theoretical perspectives. This volume includes several practical strategies and

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*techniques to
easily incorporate
spirituality into
psychotherapy.
You'll find in-
session activities,
homework
assignments, and
client and
therapist handouts
that utilize a
variety of
therapeutic models
and techniques*

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and address a broad range of topics and problems. The chapters of The Therapist's Notebook for Integrating Spirituality in Counseling II are grouped into four sections: Models of Therapy Used in Integrating

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*Spirituality;
Integrating
Spirituality with
Age-Specific
Populations:
Children,
Adolescents, and
the Elderly;
Integrating
Spirituality with
Specific
Multicultural
Populations; and
Involving*

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*Spirituality when
Dealing with
Illness, Loss, and
Trauma. As in
Volume One, each
clinician-friendly
chapter also
includes sections
on resources
where the
counselor can
learn more about
the topic or
technique used in*

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the chapter—as well as suggested books, articles, chapters, videos, and Web sites to recommend to clients. Every chapter follows the same easy-to-follow format: objectives, rationale for use, instructions, brief vignette,

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Suggestions for

follow-up,

contraindications,

references,

professional

readings and

resources, and

bibliotherapy

sources for the

client. The

Therapist's

Notebook for

Integrating

Spirituality in

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Counseling II adds more useful activities and homework counselors can use in their practice, such as: using religion or spirituality in solution-oriented brief therapy “Cast of Character” counseling using early memories to

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*explore adolescent
and adult
spirituality
cognitive
behavioral
treatment of obses
sive-compulsive
disorder age-
specific clients
such as children or
the elderly
multicultural
populations and
spirituality dealing*

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*with illness, loss,
and trauma*

*recovering from
fetal loss creative
art techniques with
caregivers in
group counseling
and much more!*

*The Therapist's
Notebook for
Integrating
Spirituality in
Counseling II
provides even*

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*Subpersonalities,
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*more creative and
helpful homework
and activities that
are perfect for
pastoral
counselors, clergy,
social workers,
marriage and
family therapists,
counselors,
psychologists,
Christian
counselors,
educators who*

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*teach professional
issues, ethics,
counseling, and
multicultural
issues, and
students.*

*In the years since
it was first
published, The
Reality Game has
become a classic
text. For all those
training and
practising in*

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The People Inside
Us*
*humanistic and
integrative*

*psychotherapy it is
an essential guide
to good practice,
and an excellent
introduction to the
skills used in
individual and
group therapy.*

*This new edition
has been updated
to take into
account changes in*

Where To Download

*the field and John
Rowan's own work,
while still
providing guidance
on establishing and
developing the
relationship
between counsellor
and client, and
covering:
assessment; the
initial interview;
the opening
session; aims;*

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*transference;
resistance and
supervision. With
the student's
needs always at
the forefront, this
extensively revised
new edition
responds to the
questions most
often asked by
trainees in these
disciplines, and
includes*

Where To Download

*discussions of
ethics and new*

*chapters on
transpersonal
psychology, and on
dialogical self-
theory. It will be a
must read for
psychotherapists
and counsellors in
practice and
training especially
those involved in
humanistic and*

Where To Download

*integrative
psychotherapy.*

This workbook is a companion to Self Therapy by Jay Earley. It is a clear and concise description of the steps in the IFS process designed for people using IFS to do personal work on themselves or

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*professionals
introducing the
material to their
clients. It provides
written exercises
that give readers a
chance to process
their experience
and track their
internal work. It
includes sample
answers that
clarify how to do
the exercises, and*

Where To Download

*illustrations that
provide a visual*

*understanding the
material. There are
additional chapters
on working with
couples and
dealing with
polarization.*

*Multiplicity in
Everyday Life
Learning to Love
Using Dreams and
Active Imagination*

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*Narratives of
Mental &
Emotional
Disorders
Seminars in
Psychological
Astrology
(Seminars in
Psychological
Astrology ; V. 1)
Inside Out/Outside*

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Subpersonalities

In

We all have had the experience of being divided, of being in two minds' about something - one part of us wants to do this, another wants to do that. Subpersonalities is the first book to do justice to the phenomenon as a normal feature of our

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*Subpersonalities
The People Inside
Us*
psychological life.
John Rowan argues
that we all have a
number of
personalities that
express themselves in
different situations
and that by
recognising them we
can come to
understand ourselves
better and improve
our relationships with

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others. Anyone reading this book will run the risk of making quite new discoveries about themselves. In looking at where subpersonalities come from, John Rowan explores the work of psychologists and psychotherapists, from Jung and Freud

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*Subpersonalities
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Us*
*onwards, and adds
insights gained from
his own work as a
therapist and
counsellor. He relates
the journey of
discovery that he
himself undertook in
search of his own
subpersonalities. The
result is a fascinating
book that challenges
our accepted view of*

Where To Download

*ourselves and provides
an intriguing picture
of how human beings
work and why
communication
between them so often
goes wrong.*

*Subpersonalities is a
book for anyone
interested in their own
personality and how it
helps or hinders their
everyday life.*

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*In this study of
channeling, earlier
called spirit
communication or
mediumship, Klimo,
who teaches at
Rosebridge Graduate
School in the San
Francisco Bay Area,
writes with clarity
about "the
communication of
information to or*

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through a physically embodied human being from a source...on some other level or dimension of reality other than the physical as we know it." He profiles recent channels and their sources, goes back to preliterate societies and the advent of monotheism and

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*Subpersonalities
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Us*
*identifies as channels
such figures as
Moses, Solomon,
Muhammad, Merlin,
Nostradamus,
Swedenborg and
Edgar Cayce. He
discusses the sorts of
people who are
channels, kinds of
information
channeled, sources of
information*

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channeled and varieties of channeling like clairvoyance and automatic writing. According to Klimo, few people tap into their abilities to perform channeling and for those who think they can, he serves as guide.

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Psychosynthesis
Ego State Therapy
Embracing Our Selves
The People Inside
Us