



The Transpersonal: Spirituality in Psychotherapy and Counselling

John Rowan

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The transpersonal approach has become of increased interest recently because of the impact of Ken Wilber's work, 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 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 idea comes from, how it has developed and how it can be used. The book is mainly practical and refers back to what the psychotherapist or counsellor actually does in the area of the transpersonal. At the same time it is theoretically rich, dealing with some of the most contentious issues with which the transpersonal practitioner has to contend.

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