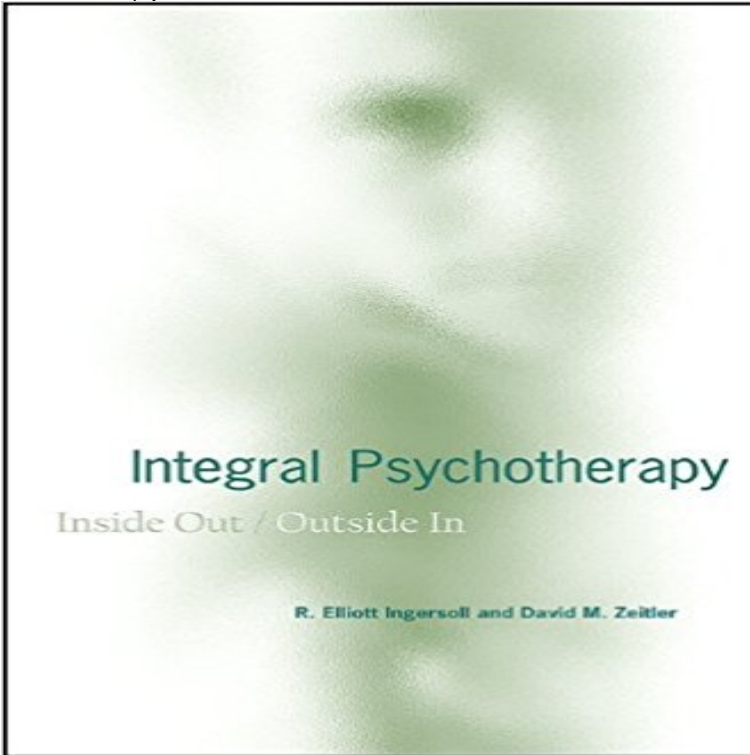


# Integral Psychotherapy: Inside Out/Outside in (SUNY Series in Integral Theory)



In Integral Psychotherapy, self-help meets rigorous scholarship. Integral Psychotherapy is a dynamic framework for understanding the mind and uniting spirituality and psychotherapy. Authors Elliott Ingersoll and David M. Zeitler use Ken Wilber's Integral Model to guide readers through a startling new view of psychotherapy as a spiritual journey of self-discovery. This is the first book that grounds the Integral approach in mainstream research while showing how Integral Psychotherapy treats body, mind, and spirit, and it offers an accurate history of many psychological ideas (some mistaken) prevalent in our society. Integral Psychotherapy debunks the fads and fashions of self-help gurus while mapping terrain readers can use to bring their lives into focus. With humor and compassion the authors show that the life of the mind is complex and complexity is our friend.

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