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'A rich and powerful pathway to a fully human spiritual life... Excellent... please read it.' JOHN BRADSHAW Carl Gustav Jung described the addict's craving as a 'thirst for wholeness.' Christina Grof, a pioneer in the transpersonal p

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Mindfulness lends itself particularly well to recovery, partly because it is a potent tool for self-management, but principally because it can be approached both as a secular or spiritual practice. The Twelve-Step approach of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) is unquestionably spiritual, with its emphasis on a Higher Power, and has been hugely successful. Some consider spiritual transformation essential for lasting sobriety. Not everyone, however, wants to pursue this path. The mindfulness practices can then be used in their own right, in a more secular context, and still be beneficial. My stance will, however, be mainly transpersonal. As Christina Grof, author of *The Thirst for Wholeness: Attachment, Addiction and the Spiritual Path*, says: 'The success of Alcoholics Anonymous (AA) and the many Twelve-Step fellowships that have modelled themselves after its program attests to the power and importance of the spiritual dimension in the understanding and treatment of addiction.'

This book explores the path of recovery. James Nelson writes, as he lives, with a very special blend of insight, wisdom, humor, and humility. Sobriety sustainers and spirituality seekers will be encouraged and enlightened by his work.

This volume grapples with the potentials and limitations of illness narratives as diverse cultural perceptions probe into those stories from literary, textual, empirical, ethnographic, historical, and personal bases.

Through theoretical discussions, presentations of literary works, cultural artefacts and artistic performances, as well as descriptions of novel therapeutic approaches, *Topography of Trauma* engages in rethinking and re-examining trauma to address the transformed self and empowering post-traumatic developments.

The definitive overview of this transformative breathwork.

Within the broad field of psychotherapy, there has not been an in-depth examination of the interface between psychotherapeutic practice and established religious tradition until now. In *Spiritual Presence in Psychotherapy*, David Steere identifies the spiritual roots in traditional religion - and presents a unique look at this heretofore neglected relationship. This book was written in response to the need observed by Dr. Steere for caregivers to accommodate a spiritual dimension in their work. Psychotherapists, psychologists, psychiatrists, social workers, pastoral counselors, nurses - and all who deal with the responsibility of treating mental disorders and helping people change - will find *Spiritual Presence in Psychotherapy* invaluable. In addition to the professionals who will find *Spiritual Presence in Psychotherapy* an important resource and reference, the book will also serve as a key graduate-level textbook for students of professional issues and ethics, as well as psychotherapy and spirituality.

Art therapy is an effective treatment for individuals with addictions. Working with this unique and often difficult clinical population, however, requires special therapist awareness and knowledge. This handbook provides an in-depth foundation of knowledge for art therapists working with clients with addictions. Drawing on many years' experience working with this population, Libby Schmanke provides valuable insight into this client group and explains how to ensure therapeutic interventions remain personalized and effective, while also meeting program needs.

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With case vignettes throughout, the book covers everything from common treatment models and how art therapy can be incorporated within them, to the bio-psycho-social aspects of addiction and how to handle a lack of cooperation or resistance to therapy.

The Wiley Handbook of Art Therapy is a collection of original, internationally diverse essays, that provides unsurpassed breadth and depth of coverage of the subject. The most comprehensive art therapy book in the field, exploring a wide range of themes A unique collection of the current and innovative clinical, theoretical and research approaches in the field Cutting-edge in its content, the handbook includes the very latest trends in the subject, and in-depth accounts of the advances in the art therapy arena Edited by two highly renowned and respected academics in the field, with a stellar list of global contributors, including Judy Rubin, Vija Lusebrink, Selma Ciornai, Maria d' Ella and Jill Westwood Part of the Wiley Handbooks in Clinical Psychology series

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