



The Soul of Psychotherapy: Recapturing the Spiritual Dimension in the Therapeutic Encounter

Carlton Cornett

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Mental health professionals often struggle to understand spirituality and the role it plays in their clients' lives. Many therapists would like to take spiritual issues into account, and to incorporate them, as they do with other areas of patients' lives, into their overall approach, but feel they lack the training or competency to do so effectively.

In this concise, thoughtful, and practical book, clinician Carlton Cornett describes how to integrate the issues of spirituality into everyday practice.

Cornett addresses the needs of therapists and counselors who treat both clients committed to their religious beliefs, and those who initially might not identify spirituality as an area of struggle, but for whom spiritual issues are real, yet hidden, sources of distress. He shows therapists how to open the door to the spiritual dimension in their work through cases from his practice, and demonstrates the impact and relevance of religion and spirituality on the clinical process.

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