



Self and Spirit in the Therapeutic Relationship

Kenneth Bragan

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Centered on an understanding of the self, *Self and Spirit in the Therapeutic Relationship* acknowledges the spiritual component in therapy and healing, but places it firmly within a psychological framework.

Drawing on a wide range of reading and personal experience, Kenneth Bragan offers a valuable introduction to ideas about the self for those just beginning on their own journey as a psychotherapist or counsellor. He shares with the reader how Kohut's theories about the self have illuminated his clinical work and explains simply what these ideas are. He shows how support for these ideas can be found in the work of Jung and also in works of literature, poetry and philosophy, where the findings of self psychology are anticipated.

This book addresses a question which is becoming increasingly urgent for many people: must we simply resign ourselves to the spiritual poverty of these times?

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