



Shamanism and Spirituality in Therapeutic Practice: An Introduction

Christa Mackinnon

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Increasing numbers of professionals in the fields of psychology and therapy are seeking to incorporate elements of spirituality into their therapeutic oeuvre, addressing not only mental and emotional issues, but also the soul.

This book discloses how indigenous traditions can be adapted to offer practitioners a highly effective repertoire of insights, psycho-spiritual approaches and therapeutic tools. The underlying concepts and world-views of indigenous and contemporary shamanism are explained and tied in with current developments in psychology and science. After clarifying altered states of perception, concepts of integrative wholeness of mind, body, soul and spirit and transformative shamanic 'healing' approaches, the book goes on to outline concrete contemporary tools and techniques that can be applied directly to work with clients. It presents research, examples and case studies throughout.

This will be enlightening and compelling reading for psychologists, therapists, counsellors and coaches looking for profound insights and innovative methods of practice that cater for the whole human psyche, reaching beyond contemporary Western mind and body approaches.

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