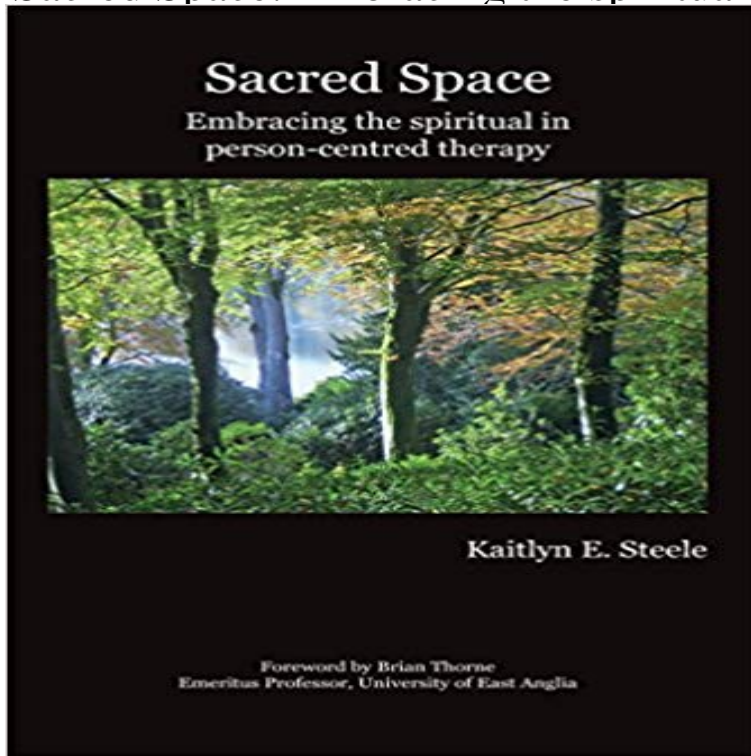


Sacred Space: Embracing the spiritual in person-centred therapy



Review It is in the person-centred approach that [Kaitlyn] has experienced a gate-way into the world of spiritual reality with all its unknowns and challenges. With meticulous care the reader is guided into this terrain with exemplary skill and no little passion. The result is a book which serves as an admirable text for those in training as well as an invaluable resource for seasoned practitioners who are perhaps less familiar with the role of the person-centred therapist as a spiritual companion. Readers will also be inspired by encountering an author who often writes in a style of rare beauty and expresses complex thoughts with exquisite clarity. The pages on soul love, for example, constitute one of the finest expositions of this compelling subject that I have ever read. To study this book is in itself to undertake a therapeutic and spiritual pilgrimage which may prove transformative. From the Foreword by Brian Thorne, Emeritus Professor Product description At one level, this book is an impassioned plea for the field of counselling and psychotherapy to take more seriously the spiritual dimension of human existence and to put the soul back in psychotherapy. At another level, the book constitutes an indepth exploration of a spiritually oriented person-centred approach which is based on an integrative therapeutic model called the core self model. The author traces the journey of the self through the stages of life and looks afresh at the process of becoming a person that Carl Rogers first described over fifty years ago. In so doing she draws not only on humanistic person-centred theory and practice, but also on the truths to be found in the worlds major spiritual traditions. Finally, on a more practical level, she considers what it might mean to be a spiritually oriented person-centred therapist and discusses the key principles involved in working effectively with the kind of

spiritual issues clients may bring to therapy. She also explores the concept of soul work and considers how this might be incorporated into person-centred therapeutic practice.

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