Zen Meditation And Psychotherapy

Tomio Hirai


Zen tales, and their own poems and case studies offer a treasure trove of accessible techniques we can bring into our fast paced therapies. Their approach respects the uniqueness of each client and situation, coaxing them, breath, mind and heart, to explore uncharted capacities to feel, to heal, to relate, and to be present in this moment. “Meditation and Yoga in Psychotherapy is good reader-friendly book for both people new to these concepts as well as the seasoned meditator, yogi or yogini who wants to deepen their knowledge and practice with clients. The Simpkins are at their best in describing how everyone can learn to integrate their own brain, body, and mind to facilitate a creative synchrony of healing and well being.” â€“Kathryn Lane Rossi, Ph.D., Los Osos, California. Zen Meditation and Psychotherapy book. Read reviews from worldâ€™s largest community for readers. How Zen Meditation affects the mind and body - A psychiat...Â See a Problem? Weâ€™d love your help. Let us know whatâ€™s wrong with this preview of Zen Meditation and Psychotherapy by Tomio Hirai. Problem: Itâ€™s the wrong book Itâ€™s the wrong edition Other. Zen Meditation in Psychotherapy teaches meditation and shows how to work with it as a therapeutic tool. With the awareness meditation fosters, people can do what they need and express themselves as they truly are, beyond psychological disturbance and problems, fully and uniquely. We address both helpers and sufferers. Therapists will find definite meth-ods to follow for a broad range of psychological disturbances.