



# **Spirit and Psyche: A New Paradigm for Psychology, Psychoanalysis, and Psychotherapy**

*Victor L. Schermer*

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# Spirit and Psyche: A New Paradigm for Psychology, Psychoanalysis, and Psychotherapy

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In recent years, there has been an increasing interest in linking psychology and psychotherapy with spirituality. This book explores the literature on spirituality as an important dimension of psychology, and explains the relationship between psychological treatment and spiritual healing. The author examines ideas from religious traditions including Judeo-Christian, Hindu and Buddhist, and considers their implications for psychotherapy and personal growth. He discusses Jungian psychology, the later work of the psychoanalyst Bion - and how object relations theory connects with the theory of spirituality. He discusses his theoretical considerations in particular practice contexts including working with people who have compulsive disorders, are experiencing addiction, and patients in palliative care.

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