



## The Integrated Self: A Holistic Approach to Spirituality and Mental Health Practice

By Lou Kavar

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Integrated Self: A Holistic Approach to Spirituality and Mental Health Practice, Lou Kavar, Contemporary research supports the importance of spirituality for mental health. Counselors, social workers, psychologists and other therapists wonder how to include spirituality in treatment. Mental health training and current treatment models do not equip clinicians to adequately address the topic of spirituality. The Integrated Self presents a model for identifying and assessing spirituality within the client's own life and experience. By operationally defining spirituality as a dimension of the client's experience, The Integrated Self explores the role of culture, values, beliefs, and lifestyle for understanding the spiritual dimension of the person. Using case studies, clinicians learn how to implement the model of the integrated self within their existing theoretical orientation. The Integrated Self also includes discussions on the approaches for spiritual assessment and ethical issues related incorporating spirituality in mental health treatment. While other books focus on religious beliefs, spiritual practices, or formulations of a general kind of spirituality, The Integrated Self provides a model for a holistic approach that can be adapted in both mental health and health care settings.



**READ ONLINE**  
[ 1.84 MB ]

### Reviews

*This publication will not be easy to get going on reading but really exciting to read through. it was writtern really perfectly and beneficial. I found out this pdf from my i and dad suggested this publication to find out.*

-- **Garrett Adams**

*An incredibly awesome pdf with perfect and lucid explanations. I have read through and that i am confident that i am going to gonna read yet again yet again in the foreseeable future. I am quickly can get a delight of reading a created book.*

-- **Mr. Johnson Hane**