



Clinical Pastoral Psychotherapy: Perspectives and Methods

Steven J. Kaplan, Bruce D. Forman

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The focus of this text is on the clinical aspects of pastoral psychotherapy that is, those psychological understandings and approaches that provide the pastor, however he or she is defined, with the skills to understand the underlying dynamics of specific behavioral disorders people bring to them, as well as the art of working with and reeducating those in distress as to healthier, less self-defeating choices they can make in life. In this work, the personality theory, understanding of the dynamics of problematic behaviors, and therapy approach selected as the foundation for pastoral psychotherapy is the school of psychological thought of Alfred Adler. The text is divided into four parts. In Chapters 1-3, the basic principles of Individual Psychology are presented, introducing the pastor to the teleological system of Adler. Additionally, the explanations of the dynamics of pathological are presented, with disorders ranging from the minor to the major. Further presented are select, important processes in Individual Psychology's method of psychotherapy. In Chapter 4, non-Adlerian approaches are discussed, affording the pastoral psychotherapist the option of expanding his or her repertoire of techniques if he or she feels comfortable employing them. Chapter 5 surveys areas of daily life that all people experience and encounter and presents spiritual understandings and guidance for the (pastor or) individual to use through his or her travels on this planet. Last, Chapter 6 offers a view and opinions as to what the next decade of pastoral psychotherapy may hold. The book will serve as a springboard for further investigation into the various areas covered. It will also assist pastors in their sacred task of spiritually and psychologically helping and healing the distressed.



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