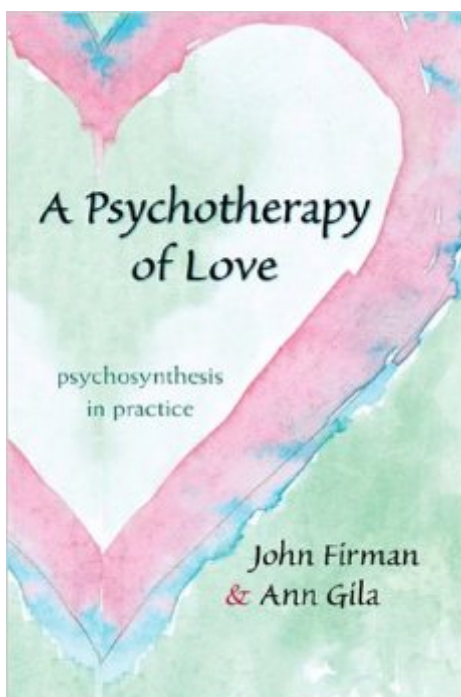


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# A Psychotherapy Of Love: Psychosynthesis In Practice



## Synopsis

Illuminates the role of empathetic love in psychotherapy. This book shows what psychosynthesis looks like in the empirical practice of psychotherapy. Originally conceived by Italian psychiatrist Robert Assagioli, psychosynthesis is one of the first Western psychologies that addresses both spiritual and psychological healing and growth through self-realization. In effect, it offers an approach to psychotherapy founded in altruistic love, and the nurturing that supports the innate drive within human beings to embrace and actualize the whole of who they are. Authors John Firman and Ann Gila include experientially based models and theory, case studies from both the client and therapist perspectives, and an invitation for both the professional and the layperson to the self-reflection, inner work, and commitment necessary to love and work at this depth. After an overview of the fundamentals of psychosynthesis theory, the authors explore how a therapist's own embrace of these ideas can foster an altruistic, empathetic love that supports and improves therapist-client rapport and progress. John Firman (1945–2008) was a psychotherapist in private practice in Palo Alto, California, and an Associate Core Faculty member at the Institute of Transpersonal Psychology. Ann Gila is a psychotherapist in private practice in Palo Alto and an Associate Core Faculty member at the Institute of Transpersonal Psychology. Their books include *Psychosynthesis: A Psychology of the Spirit* and *The Primal Wound: A Transpersonal View of Trauma, Addiction, and Growth*, both also published by SUNY Press.

## Book Information

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## Customer Reviews

By Jim Newberry[...]Some suspected it, some hoped for it, and some knew it all along. AnnGila and John Firman come right out and say it: it is love that heals the suffering soul, it is love that nurtures human unfoldment. This is the central premise of their new book, *A Psychotherapy of Love: Psychosynthesis in practice*. The authors explain that this is not shallow or fantasy-based love, but an empathy and cherishing similar to that which Carl Rogers called unconditional positive regard, and Roberto Assagioli, the founder of Psychosynthesis, called altruistic love. It is not simply a warm attitude conjured up for the therapeutic hour, the authors say -- it is a far-reaching love arising out of the realization that who we are, our deepest personal identity, is in profound union with others, with all living creatures, and even the natural world. This is a generous book, a gift to both new and seasoned therapists who want to relate to their clients in the most loving, practical, and effective way possible. At just under 200 pages, the hardbound edition includes 12 chapters, notes on each chapter, references, and an index. The chapters include clear descriptions of Psychosynthesis theory and practice, along with illustrations, and client-therapist dialogues. Psychosynthesis is one of the first therapy models to include both the psychological and spiritual dimensions of the person. Its approach to therapy is based on empathic, altruistic love. It focuses on the whole of our lives, from the depths of suffering to the heights of transpersonal awareness.

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