



Zen & Psychotherapy: Integrating Traditional and Nontraditional Approaches

Christopher J. Mruk PhD, Joan Hartzell RN MA

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Exploring the role of spirituality and religion in treatment, this book provides a sound clinical and academic rationale for exploring incorporating principles of Zen in traditional psychotherapy.

The authors, one a clinical educator and social scientist, the other a nurse psychotherapist and practicing Buddhist present a fascinating dialog on the "science" and the "art" sides of the art-science debate. Practical suggestions are included for achieving a balance between these two poles of the helping and healing process.

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