



# Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy

By Myrtle Heery

Download now

Read Online ➔

## Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery

Unearthing the Moment is a subjective-based book comprised of 25 chapters written by a broad range of psychotherapists from Canada, China, and the United States. The authors share their applications of existential-humanistic and transpersonal psychotherapy to diverse populations in far-reaching circumstances. The compelling stories are rich with who the psychotherapists actually are and how they mindfully care for themselves, significant others, and their clients. Readers not only hear voices of the psychotherapists, but also discover voices of the homeless, sports injured, disaster victims, prison inmates, and many more. Unearthing the Moment is the first book from Tonglen Press, a new publisher dedicated to the transformation of suffering through active, mindful presence.

↓ [Download Unearthing the Moment: Mindful Applications of Exi ...pdf](#)

📖 [Read Online Unearthing the Moment: Mindful Applications of E ...pdf](#)

# Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy

*By Myrtle Heery*

## **Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery**

Unearthing the Moment is a subjective-based book comprised of 25 chapters written by a broad range of psychotherapists from Canada, China, and the United States. The authors share their applications of existential-humanistic and transpersonal psychotherapy to diverse populations in far-reaching circumstances. The compelling stories are rich with who the psychotherapists actually are and how they mindfully care for themselves, significant others, and their clients. Readers not only hear voices of the psychotherapists, but also discover voices of the homeless, sports injured, disaster victims, prison inmates, and many more. Unearthing the Moment is the first book from Tonglen Press, a new publisher dedicated to the transformation of suffering through active, mindful presence.

## **Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery Bibliography**

- Sales Rank: #2824872 in Books
- Published on: 2014-03-07
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .72" w x 6.00" l, .94 pounds
- Binding: Paperback
- 288 pages

 [Download Unearthing the Moment: Mindful Applications of Exi ...pdf](#)

 [Read Online Unearthing the Moment: Mindful Applications of E ...pdf](#)

## Download and Read Free Online *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* By Myrtle Heery

---

### Editorial Review

From the Back Cover

Do you want a concise and contemporary overview of where existential-humanistic and transpersonal psychology have come in 50 years? *Unearthing the Moment, Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* captures the field as it has evolved in the 21st century into many manifestations, from art therapy to mindfulness-based approaches, from disaster relief work to cross-cultural applications, from shamanism to spirituality. In these chapters you will learn how the field has expanded and deepened.

--David Lukoff, Ph.D., Professor of Psychology, Sofia University (Formerly Institute of Transpersonal Psychology), Palo Alto, CA; Founder, Spiritual Competency Resource Center

In *Unearthing the Moment*, Heery has brought together a collection of writings that make a much needed and significant contribution to the practice of psychotherapy through the historically rich existential-humanistic psychotherapy and transpersonal psychotherapy models into today's context. Working extensively with Veterans who have experienced combat trauma, I can attest to the effectiveness of the existential-humanistic approach to severe trauma. This approach goes directly to the core of the person and their world where the impact of the trauma resides and brings forth profound changes.

--Robert Stockman, Ph.D., Team Leader, Phoenix, Arizona Veterans Center; Psychologist, Readjustment, Marriage & Family Counseling

Many practitioners are craving something more than the usual therapeutic bromides. *Unearthing the Moment* serves-up satisfyingly meaningful chapters on mindfulness from an existential-humanistic and transpersonal perspective. Psychotherapists of all persuasions will be enriched by reading them.

--Derek Truscott, Ph.D., R.Psych., Professor of Counseling Psychology and Director of Counseling Training, University of Alberta, Canada; author of *Becoming an Effective Psychotherapist* and co-author of *Ethics for the Practice of Psychology in Canada*

This fine collection of papers edited by Dr. Myrtle Heery gives notice to the world that existential-humanistic psychotherapy is not dead. The major founding figures, such as Bugental, Tillich, May, Frankl and others have passed on but this collection gives testament that the torch has been picked up by a new generation of thinkers and therapists who apply such concepts as "presence" and "intentionality" to a surprisingly wide range of venues and issues.

--David Van Nuys, Ph.D., Emeritus Professor of Psychology, Sonoma State University, Rohnert Park, CA; Creator/Host, Shrink Rap Radio Psychology Podcast

### About the Author

Myrtle Heery, Ph.D., is the director of the International Institute for Humanistic Studies, a lecturer at Sonoma State University, a member of the Associate Core Faculty at Sofia University, and has a private practice in Petaluma, California. Dr. Heery has worked for more than three decades in the field of existential-humanistic and transpersonal psychotherapy, including editing *Unearthing the Moment* and *Awakening to Aging* and authoring numerous articles in professional journals and chapters in psychology textbooks. Contact: [www.human-studies.com](http://www.human-studies.com).

## **Users Review**

### **From reader reviews:**

#### **Kerry Diaz:**

This *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book will be information inside this book incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. That *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* without we comprehend teach the one who studying it become critical in thinking and analyzing. Don't be worry *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* can bring when you are and not make your case space or bookshelves' turn into full because you can have it with your lovely laptop even cellphone. This *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* having very good arrangement in word in addition to layout, so you will not feel uninterested in reading.

#### **Linda Cunningham:**

Here thing why this *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* are different and reliable to be yours. First of all studying a book is good nonetheless it depends in the content than it which is the content is as tasty as food or not. *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* giving you information deeper and in different ways, you can find any publication out there but there is no book that similar with *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy*. It gives you thrill reading through journey, its open up your eyes about the thing in which happened in the world which is maybe can be happened around you. It is possible to bring everywhere like in area, café, or even in your technique home by train. If you are having difficulties in bringing the paper book maybe the form of *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* in e-book can be your alternative.

#### **Emma Patterson:**

The ability that you get from *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* is a more deep you excavating the information that hide in the words the more you get enthusiastic about reading it. It does not mean that this book is hard to understand but *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* giving you thrill feeling of reading. The copy writer conveys their point in specific way that can be understood by means of anyone who read the item because the author of this e-book is well-known enough. This particular book also makes your personal vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We highly recommend you for having this kind of *Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* instantly.

**Brent Whitty:**

Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy can be one of your basic books that are good idea. We recommend that straight away because this publication has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to put every word into joy arrangement in writing Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy although doesn't forget the main point, giving the reader the hottest in addition to based confirm resource information that maybe you can be one among it. This great information can easily drawn you into brand new stage of crucial considering.

**Download and Read Online Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery #TAFRNB0C854**

# **Read Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery for online ebook**

Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery books to read online.

## **Online Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery ebook PDF download**

### **Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery Doc**

Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery Mobipocket

Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery EPub

TAFRNB0C854: Unearthing the Moment: Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy By Myrtle Heery