



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

By Myrtle Heery

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## 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.

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

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### 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

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#### **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:**

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#### **Emma Patterson:**

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