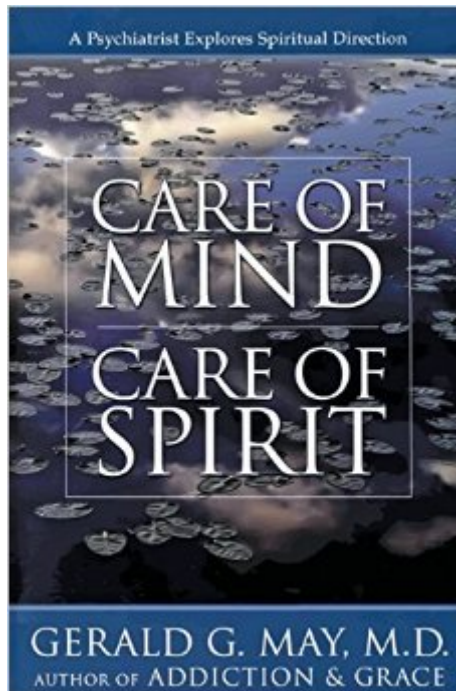


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# Care Of Mind/Care Of Spirit: A Psychiatrist Explores Spiritual Direction



## Synopsis

Although secular psychology addressed a great deal about how we come to be the way we are and how we might live more efficiently, it can offer nothing in terms of why we exist or how we should use our lives," writes Gerald May in this classic discussion of the nature of contemporary spiritual guidance and its relationship to counseling and psychiatry. For millions turning for answers to the world of the spirit, May shows how psychiatry and spiritual direction are alike, how they complement one another, and how they ultimately diverge.

## Book Information

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## Customer Reviews

Because I thought that my spiritual direction training course was deficient in the sphere of psychology, I read this book, whose author is both a psychiatrist and a spiritual director. It empowers the director with enough knowledge of basic psychology to know when to use it in direction and when to refer the directee to someone more skilled. Good bits: "Most traditional psychotherapy does not see itself as facilitating the growth of persons in their realization and expression of divine truth. In general, psychotherapy hopes to encourage more efficient living, and its values and intentions often reflect those that prevail in the culture at any given time. For example, psychotherapy often seeks to bolster an individual's capacity to gratify needs and desires and to achieve a sense of autonomous mastery over self and circumstance. Both of these orientations are quite prominent in modern society as a whole. In contrast, spiritual direction--at least in its more mature forms--seeks liberation from attachments and a self--giving surrender to the discerned

power and will of God. This means that at some point spiritual direction will turn in opposition to many of the cultural standards and values that psychotherapy supports.' A deeper divergence of intent can be seen in the different attitudes psychotherapy and spiritual guidance hold towards the manner in which growth, healing, and liberation actually take place. In the harshest medical model of psychiatry, the physician assumes the role of healer while the patient remains at best a compliant object whose deficiencies are corrected. In more humanistic psychotherapies, therapist and client form a healing team together. They see their mutual interactions as being responsible for any growth or healing that may take place.

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