



## Archetypal Imagery and the Spiritual Self: Techniques for Coaches and Therapists (Paperback)

By Annabelle Nelson

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Combining psychology and spirituality, this practical book considers archetypes from Asian, Middle Eastern and European myths and explains how they can be used in therapeutic practice to help clients achieve personal or clinical goals. This innovative model of archetype imagination is a powerful tool for coaches and therapists. It involves visualizing an archetype, which teaches the mind to focus, relaxes the ego, and opens the unconscious. This makes space for spiritual insights and allows the mind to let go of distracting sensations and emotions. Combining foundational psychological theories, brain physiology, and Hindu philosophy with the author's visionary experiences, this book explains how to use this technique in clinical practice. It also includes case studies, engaging images, practical exercises, and quizzes for use with clients. Spiritual seekers will find the book's insights a great complement to their practice. This book will help counsellors, coaches, psychologists, psychotherapists, arts therapists, and other therapeutic practitioners to use archetype imagination techniques to guide their clients to emotional health and spiritual awareness.



**READ ONLINE**  
[ 1.25 MB ]

### Reviews

*It is one of my favorite publications. It is really interesting through the study period. Your life period will probably be transformed once you totally look at this book.*

-- **Janie Schultz I**

*This pdf is fantastic. It is really basic but exciting from the fifty percent in the book. Your lifestyle span will be changed as soon as you fully read this publication.*

-- **Yolanda Nicolas**