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~~Excerpt from Grace Unfolding:
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A sensible and compassionate book that will help those involved in any form of therapy make the best possible use of their time, effort, and money. "A fascinating blend of Eastern spirituality, Western psychotherapy, feminist consciousness, and real

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This sensible and compassionate book relates the principles of the Tao-te ching to the practice of contemporary psychotherapy.

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program for Hakomi practitioners—and by practitioners and teachers from across the globe, introduces all the processes and practices that therapists need in order to begin to use this method with clients. The authors detail Hakomi's unique integration of body psychotherapy, mindfulness, and the Eastern philosophical principle of non-violence, grounding leading-edge therapeutic technique in an attentiveness to the whole person and their capacity for transformation.

Couple psychotherapy can be significantly deepened and expedited by using present-time experience in the assessment

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process and by incorporating experiential interventions, says Fisher. Presumably a practitioner himself, he explains to fellow therapists how to do it, detailing the application of a b

Grace Unfolding applies the spirit and principles of Lao Tsu's ancient Chinese classic, the Tao-te Ching, to the practice of contemporary psychotherapy. Both therapists and clients can use this sensible and compassionate book to understand the roles they play in the therapeutic process. Includes 35 Chinese brush paintings and calligraphy.

Review of Jerry Perlmutter's
Healing Body, Self and Soul:

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Integrative Somatic Psychotherapy (ISP) In Healing Body, Self and Soul Perlmutter offers a mature, career-long account of his primary work, Integrative Somatic Psychotherapy. He outlines his use of body psychotherapy in the character work tradition of Reich, Lowen, and Brown including grounding, stress positions, hard and soft touch, externalizing introjects, strong expression of intense emotions, and more. This is integrated with a client-centered approach of keying off the spontaneous through honoring, and respecting unpredictable experiences as they arise in the client. Work is done in the context of an ongoing awareness cycle that promotes

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self-awareness, self-acknowledgement, self-acceptance and self-appreciation, which in the second stage of ISP therapy, following deep character work, leads into transformational explorations of one's soul and the spirit connected to the soul's energy. Clearly written and outlined with rich illustrations of the clinical theory. Gregory Johanson, Ph.D. Author (with Ron Kurtz) of Grace Unfolding: Psychotherapy in the Spirit of the Tao-te ching

This is a revised edition.

Esteemed psychologist Daphne de Marneffe examines women's desire to care for children in an updated reissue of her

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"fascinating analysis that's a welcome addition to the dialogues about motherhood" (Publishers Weekly). If a century ago it was women's sexual desires that were unspeakable, today it is the female desire to mother that has become taboo. One hundred years of Freud and feminism have liberated women to acknowledge and explore their sexual selves, as well as their public and personal ambitions. What has remained inhibited is women's thinking about motherhood. *Maternal Desire* is the first book to treat women's desire to mother as a legitimate focus of intellectual inquiry and personal exploration. Shedding new light on old debates, Daphne de Marneffe provides an emotional

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road map for mothers who work and mothers who are at home. De Marneffe both explores the enjoyment and anxieties of motherhood and offers mothers in all situations valuable ways to think through their self-doubts and connect to their capacity for pleasure. Drawing on a rich tradition of writers, such as Simone de Beauvoir, Adrienne Rich, Carol Gilligan, and Susan Faludi, as well as her experience as a psychologist and mother of three, de Marneffe illuminates how we express our desire to care for children. By treating maternal desire as a central feature of women's identity—rather than as an inconvenient or slightly embarrassing detail—we can look with fresh insight at controversial

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Issues, such as childcare, fertility, abortion, and the role of fathers.

An “absorbing look at the enormous personal pleasure that women derive from mothering.... Maternal Desire is a stirring book that celebrates women’s love for their children and mothering while also supporting their interest in careers and other pursuits” (Booklist).

A therapy technique for inner awareness and meaningful change. “Focusing” is a particular process of attention that supports therapeutic change, a process that has been linked in more than 50 research studies with successful outcomes in psychotherapy. First developed

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by pioneering philosopher and psychotherapist Eugene Gendlin, Focusing quietly inspired much of the somatically oriented, mindfulness-based work being done today. Yet what makes Focusing a truly revolutionary approach to therapeutic change has been little understood—until now. Focusing is based on a radically different understanding of the body as inherently meaningful and implicitly wise. Mere intellectualizing or talking about problems can keep clients stuck in their old patterns of behavior. Focusing introduces the concept of the “felt sense,” a moment in process when there is a potential to experience more than is already known and to break through old, frozen, stuck

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patterns. Clients who see real change during the course of their therapy work are often those who can contact and stay with a felt sense—but how to help them do so is not obvious. Ann Weiser Cornell, who has been teaching Focusing to clinicians for more than 30 years, shows how to help clients get felt senses and nurture them when they appear, how to work with clients who have difficulty feeling in the body, how to facilitate a “felt shift,” how to support clients who experience dysregulating emotional states, and much more. Beginning with a clear explanation of what makes Focusing so potentially transformative, she goes on to show how to effectively incorporate Focusing with other

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Treatment modalities and use it to treat a range of client issues, notably trauma, addiction, and depression. Designed to be immediately applicable for working clinicians and filled with practical strategies, clinical examples, and vignettes, this book shows step by step how to bring Focusing into any kind of clinical practice. Cornell expertly demonstrates the Focusing process unfolding, moment by moment, in the therapy room, and illuminates its powerful capacity to support a client's growth and change.

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