



# Psychotherapy and Buddhism: Toward an Integration (Issues in the Practice of Psychology)

*Jeffrey B. Rubin*

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There is currently a burgeoning interest in the relationship between the Western psychotherapeutic and Buddhist meditative traditions among therapists, researchers, and spiritual seekers. *Psychotherapy and Buddhism* initiates a conversation between these two modern methods of achieving greater self-understanding and peace of mind. Dr. Jeffrey B. Rubin explores how they might be combined to better serve patients in therapy and adherents to a spiritual way of life. He examines the strengths and limitations of each tradition through three contexts: the nature of self, conception of ideal health, and process of achieving optimal health. The volume features the first two cases of Buddhists in psychoanalytic treatment.

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