



Tending Inner Gardens: The Healing Art of Feminist Psychotherapy (Hardback)

By Lesley Irene Shore

Taylor Francis Inc, United States, 1995. Hardback. Condition: New. New. Language: English . Brand New Book ***** Print on Demand *****.Tending Inner Gardens: The Healing Art of Feminist Psychotherapy transforms the theory and practice of psychotherapy, one that values both the feminine and masculine perspectives. Set within a naturalistic framework, this model utilizes nature's growing and healing processes. It proposes nature's seasonal cycles as a model for the psychotherapy process, and author Lesley Irene Shore introduces nature's seasonal cycle as a model for successful psychotherapy and demonstrates how to tune techniques to the rhythms of each season. Dr. Shore speaks with the voice of an experienced psychotherapist, sharing her struggles with therapeutic dilemmas and addressing issues common to every practitioner. She refuses to present simple solutions to the difficult process of helping people grow, yet offers new ways of thinking about this work. Readers will find this a healing book--for themselves as well as for their clients. The book covers relationship issues as well as the use of language, hypnosis, dreams, and creativity. Specific areas readers learn about include: * language--teaches therapists to differentiate between questions that address conscious regions of the mind and ones which communicate...



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