



# Zen and Psychotherapy: Partners in Liberation

*Joseph Bobrow*

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**Zen and Psychotherapy: Partners in Liberation** Joseph Bobrow

A new take on the interplay of emotional and spiritual development.

Insight, attentiveness, and transformative experience are central in both Buddhism and psychotherapy. An “intimate dialogue” that examines the interplay of emotional and spiritual development through the lens of Zen Buddhism and psychotherapy, this book artfully illuminates the intrinsic connections between the two practices, and demonstrates how these traditions can be complementary in helping to live a truly fulfilled and contented life. As this book deftly explores, integrating the two streams of Zen and psychotherapy can help us to better grasp our conscious and unconscious experiences and more fully develop the fundamental capacities of the self. Bobrow shows how the major themes of trauma, attachment, emotional communication, and emotional regulation play out in the context of Zen and psychotherapeutic practice, and how, in concert, both provide a comprehensive, interactive model of fully functioning human life.

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