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Spiritually Transformative Psychotherapy: Repairing Spiritual Damage and Facilitating Extreme Wellbeing

Steven R. Vazquez

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Spiritually Transformative Psychotherapy offers fresh insights into counseling people with diverse spiritual and religious philosophies. Grounded in theory and research, this text focuses on building contemplative methods like meditation into practice and provides valuable applications to help clients achieve spiritual and emotional wellbeing.

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