



Self and No-Self: Continuing the Dialogue Between Buddhism and Psychotherapy

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This collection explores the growing interface between Eastern and Western concepts of what it is to be human from analytical psychology, psychoanalytic and Buddhist perspectives. The relationship between these different approaches has been discussed for decades, with each discipline inviting its followers to explore the depths of the psyche and confront the sometimes difficult psychological experiences that can emerge during any in-depth exploration of mental processes.

Self and No-Self considers topics discussed at the Self and No-Self conference in Kyoto, Japan in 2006. International experts from practical and theoretical backgrounds compare and contrast Buddhist and psychological traditions, providing a fresh insight on the relationship between the two. Areas covered include:

- the concept of self
- Buddhist theory and practice
- psychotherapeutic theory and practice
- mysticism and spirituality
- myth and fairy tale.

This book explains how a Buddhist approach can be integrated into the clinical setting and will interest seasoned practitioners and theoreticians from analytical psychology, psychoanalytic and Buddhist backgrounds, as well as novices in these fields.

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