

Psychotherapy Without The Self A Buddhist Perspective Mark Epstein

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Mark Epstein, M.D. is a psychiatrist in private practice in New York City and the author of a number of books about the interface of Buddhism and psychotherapy, including Thoughts without a Thinker, Going to Pieces without Falling Apart, Going on Being, Open to Desire and Psychotherapy without the Self.

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Psychotherapy without the Self: A Buddhist Perspective 1st ...

Psychotherapy Without the Self. Immersed in Buddhist psychology prior to studying Western psychiatry, Dr. Mark Epstein first viewed Western therapeutic approaches through the lens of the East. This posed something of a challenge. Although both systems promise liberation through self-awareness, the central tenet of Buddha's wisdom is the notion of no-self, while the central focus of Western psychotherapy is the self.

Psychotherapy Without the Self | MARK EPSTEIN, M.D.

There are multiple options for doing CBT without a therapist, including self-help books and Internet-based treatment. Many studies have shown that self-directed CBT can be very effective.

Therapy Without a Therapist? | Psychology Today

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Psychotherapy without the Self | Yale University Press

This is a wonderful book by a practicing psychiatrist, perfect for this point in my life. Based on a deep knowledge of both Buddhism and psychotherapy, Epstein resolves for me the perplexing apparent contradiction between Buddhism's "no-self" and psychotherapy's focus on the Self and its difficulties.

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Here's How To Do Therapy On Yourself, According To A Therapist It's not always easy, or affordable, to go to a therapist. But that doesn't mean you can't do a little DIY therapy on your own.

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"Psychotherapy without the Self is mandatory reading for anyone seeking to understand today's axial event in psychoanalysis--the encounter of the Freudian and subsequent schools with the Buddhist psychological tradition. Epstein's insights are utterly penetrating, brilliant in uncanny comparisons and clear critical contrasts, altogether illuminating.

Psychotherapy Without the Self: A Buddhist Perspective ...

Since in person therapy is unrealistic, I identified the attributes that I was looking for in a therapist & headed over to @talkspace. I'm only one day in & couldn't be happier about my experience. If you're having a tough time & have the means, give them a shot. #mentalhealth

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Talkspace - #1 Rated Online Therapy, 1 Million+ Users

Psychotherapy, also called talk therapy, is a type of mental health treatment. It's often used either alone or with medications to treat mental disorders. During a psychotherapy session, you talk...

Types of Psychotherapy for Mental Illnesses

Generally, the term refers to psychotherapy we can conduct, on ourselves, without the intervention or assistance of a therapist (King et al., 2017). Let's look at different terms that tend to get used interchangeably with 'self-therapy'. Self-Therapy, Self-Counseling, and Self-Help Therapy. Is it the Same thing?

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