



The Mystery of Goodness and the Positive Moral Consequences of Psychotherapy

By Mary W. Nicholas

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In a society that oscillates wildly between extremes of moralizing and corruption, how do we define, much less foster, "goodness"?

Mary Nicholas, in this engaging and provocative book, explores the relationship between psychotherapy and the enhancement of goodness. The book explores not only the morality of clients, but also the moral role of the therapist and how this is shaped by specific biases toward amorality, which are inherent in Western culture and science. Nicholas believes that therapy can have positive moral results, from loving more and better to the search for truth and the pursuit of life over death, as well as mutuality in personal relationships and the larger community. Each chapter contains lively clinical anecdotes from individual, couples, and group therapy to illustrate the points made. Attention is paid throughout the book to how moral issues can be addressed in therapy without shaming the client.

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Bibliography

- Rank: #1560437 in Books
- Published on: 1994-01-17
- Released on: 1994-01-17
- Original language: English
- Number of items: 1
- Dimensions: 9.60" h x 1.00" w x 6.40" l, 1.30 pounds
- Binding: Hardcover
- 384 pages

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Editorial Review

From the Back Cover

In a society that oscillates wildly between extremes of moralizing and corruption, how do we define, much less foster, "goodness"? Mary Nicholas, in this engaging and provocative book, explores the relationship between psychotherapy and the enhancement of goodness. She examines the field of psychotherapy, which frequently strives for moral neutrality, and explains how neglecting morality can actually stymie its goals. Goodness is defined here as concern for others and is represented by five generally accepted "virtues" - altruism, responsibility, justice, egalitarianism, and honesty. The process of psychotherapy is examined in light of how it may promote or diminish these attributes in patients. The first section, "Reconciling Goodness with Psychology and Psychotherapy," conceptualizes goodness in psychological terms. Section Two, "The History of Goodness," synthesizes various theories pertaining to goodness from the perspectives of science, developmental psychology, behavioral and social psychology, and psychoanalysis. The third section, "From Demoralization to Remoralization through Psychotherapy," discusses the moral aspects of different mental and emotional illnesses and their treatment. The book explores not only the morality of clients, but also the moral role of the therapist and how this is shaped by specific biases toward amorality, which are inherent in Western culture and science. Nicholas believes that therapy can have positive moral results, from loving more and better to the search for truth and the pursuit of life over death, as well as mutuality in personal relationships and the larger community. Each chapter contains lively clinical anecdotes from individual, couples, and group therapy to illustrate the points made. Attention is paid throughout the book to how moral issues can be addressed in therapy without shaming the client.

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Terry Tyrrell:

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Doris Griffin:

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this book. In the event you did not have enough space to deliver this book you can buy often the e-book. You can more very easily to read this book from a smart phone. The price is not to fund but this book offers high quality.

Richard Shumate:

Precisely why? Because this The Mystery of Goodness and the Positive Moral Consequences of Psychotherapy is an unordinary book that the inside of the book waiting for you to snap that but latter it will distress you with the secret it inside. Reading this book next to it was fantastic author who also write the book in such amazing way makes the content inside easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book possess such as help improving your ability and your critical thinking way. So , still want to hold off having that book? If I have been you I will go to the publication store hurriedly.

William Marsh:

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