



Metaskills: The Spiritual Art of Therapy

Amy Mindell PH.D.

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Why is some therapy effective and some disappointing? Amy Mindell says it has to do with the subtle atmosphere created by therapists' unconscious feelings and attitudes. By tapping into their deepest beliefs about spirit, nature, and human development (metaskills), they can become more effective healers and spiritual teachers. Through years of researching husband Arnold Mindell's work with individuals, couples, and groups, Amy Mindell has identified a number of feeling attitudes which she amplifies here through analogies to Eastern traditions, the teachings of don Juan, and/or modern physics. She approaches the question of learning metaskills: Is it possible? How is it done? And she explains how the concept could revolutionize the vast field of psychotherapy. The book has numerous verbatim transcripts, as well as detailed theoretical and poetic explanations. In addition to offering helping professionals an inspiring new approach to working with people, this book will also be valuable to anyone interested in discovering the unconscious attitudes that can lead to a deeper self-knowledge and satisfaction in relationships.

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