



# Counseling for Spiritually Empowered Wholeness: A Hope-Centered Approach

*William M Clements, Howard Clinebell*

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Counseling for Spiritually Empowered Wholeness is an introduction to Wholeness Counseling (also called Growth Counseling), a whole-person approach to pastoral counseling, psychotherapy, and education as developed by Howard Clinebell. He begins the book by emphasizing how the role of healthy spirituality and reality-based hope is crucial to facilitate healing and growth in all dimensions of life. He encourages readers to apply the principles and methods in the book to their own growth and to develop their own growth-centered approaches--approaches that reflect their particular styles and personalities--to counseling, therapy, and education. This newly revised edition of Growth Counseling makes readily available an understanding of the Wholeness Counseling approach and its methods for both pastoral and secular counselors and professional and nonprofessional readers. Dr. Clinebell has a psychological understanding of the universal human need for healthy spirituality and, as he writes from this perspective, he opens doors for readers to distinguish healthy from unhealthy religion and provides them with methods to enhance their own spiritual health. Readers who desire to explore the Wholeness Counseling approach will find that Counseling for Spiritually Empowered Wholeness guides them through:

- insights and methods they can use to accelerate their personal and professional growth in each of the seven dimensions of life
  - the roots in the Hebrew and Christian scriptures of this approach which helps readers grow and be healed
  - the importance of playfulness to balance work in a healthy lifestyle
- The primary target audience is theological seminary teachers and students, clergy in all denominations, members of congregations who work in the healing and helping professions, and laypersons interested in learning ways to enhance their own wholeness or being trained to serve on lay pastoral care teams. Others who will benefit from Counseling for Spiritually Empowered Wholeness include those in the counseling, healing, and teaching professions who wish to know more about a growth-oriented approach which includes a robust emphasis on the role of healthy spirituality for total well being.

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