



## **Brilliant Sanity: Buddhist Approaches to Psychotherapy**

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# Brilliant Sanity: Buddhist Approaches to Psychotherapy

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Brilliant Sanity explores the diverse and evolving interface of Buddhism and psychotherapy. This volume includes chapters that discuss how Buddhism interacts with contemporary clinical theory and practices such as cognitive-behavioral therapy, group therapy, psychoanalysis, neuroscience, the treatment of psychosis, existential psychology, body psychotherapy, therapist subjectivity and more. Contributors include Tibetan meditation teachers such as Chogyam Trungpa and the Dzogchen Ponlop Rinpoche, psychiatrists and psychoanalysts such as Mark Epstein and Ed Podvoll, eminent Buddhist psychologists such as Han De Wit, Karen Wegela and Robert Unger, as well as other prominent psychotherapists and researchers. As Harvard Medical School Professor, Eleanor Councilman writes, "It make the reader aware of the multitudes of Eastern and Western perspectives and is one of the most culturally sensitive psychological books I have read. It is extremely readable and enjoyable." The Sakyong Jamgon Mipham Rinpoche commented that this collection "brings forth the heart of Buddhism as applied to the contemporary practice of psychology."

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