

WHISPERS FROM THE EAST

Applying the Principles of Eastern Healing to Psychotherapy

Frances E. Steinberg, Ph.D., & Richard G. Whiteside, M.S.W.

“Therapists who seek a wide perspective in therapy will find the Eastern ideas presented in this work to be valuable. The healing ideas of the East meet those of the West, and the bridge is Lao-tzu.”

-- Jay Haley

“The book offers therapists an expanded view of problems brought to therapy – one that is wiser, more tolerant, and more compassionate.”

-- Cloe Madanes

In the long-distance race between the art and the business of psychotherapy it often seems as though the latter is winning. As you peek out from behind the forms and the red tape that constitute the business side, perhaps you wonder about what will happen – or has happened – to the creativity and sense of awe that galvanize the art.

Authors Frances Steinberg and Richard Whiteside bring a fresh new voice to the literature. They are both archeologists and pioneers, sifting through ancient wisdom to forge an entirely unique approach to psychotherapy. Because the well of knowledge from which they draw dates back thousands of years, their message carries the power of a million healings across a million different circumstances.





Yin and Yang; Internal and External; Heat and Cold; Excess and Deficiency; Earth; Metal; Water; Wood; Fire – the Table of Contents reads like no other in the field. And in these chapters are insights, strategies, and case examples that will get your creative juices flowing, as you find your perspective shifting in latitude a few degrees at a time.

Whispers from the East is more than interesting reading; it is an opportunity to receive a deep and practical education, to understand why and how the enduring principles of Eastern healing can be applied with extraordinary effectiveness within the context of Western practice.

Frances E. Steinberg, Ph.D., is a psychologist in private practice in Auckland, New Zealand. She is also a practicing acupuncturist with more than 10 years' experience in the field. Having received her doctorate in psychology from The John Hopkins University, Dr. Steinberg has worked in a variety of settings in the United States and has published numerous articles in the area of child development.

Richard G. Whiteside, M.S.W., is a director of family therapy training and clinical programs for Waitemata Health in Auckland, New Zealand. A graduate of Atlanta University, he trained, and then went on to teach and supervise, at the Family Therapy Institute of Washington, D.C.

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