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Pathways to Spirituality: Connection, Wholeness, and Possibility for Therapist and Client

Bill O'Hanlon

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From bestselling author Bill O’Hanlon comes a groundbreaking book about how spirituality can serve as a powerful tool to help therapists make stronger connections with their clients and help clients find deeper meaning in their lives.

Until recently, many therapists shied away from the question of spirituality because they lacked a clear definition of it, often conflating spirituality with religion. The core of this book is a simple, secular definition of spirituality that lends itself to any client, regardless of religious affiliation and to any mental health practitioner, regardless of theoretical background. O’Hanlon views spirituality as a connection to something bigger than oneself, and provides therapists with a conceptual model and practical strategies for helping clients make connections of their own. *Pathways to Spirituality* shows that spirituality not only has a place in therapy today, but can make the work that therapists do more effective and enriching than ever before.

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