



# Judaic Spiritual Psychotherapy

*Aaron Rabinowitz*

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## **Judaic Spiritual Psychotherapy** Aaron Rabinowitz

Judaic Spiritual Psychotherapy is in the contemporary mode of utilizing the profound insights present in spiritual literature for psychotherapeutic use. Jewish spiritual writings are a rich source that encompasses three thousand years of scholarship and experience dealing with emotional problems. These insights can benefit all clients, not only those nurtured in the Jewish tradition. A whole range of topics include an introduction and history of this modern trend. The basic principles of this approach are clearly defined, and case histories are presented to further refine and clarify the method. In addition, meditation — including some of its methods and basic, guiding principles — is analyzed from a Jewish point of view. The topic of forgiveness and its relevance to psychotherapy is presented through the analysis of Simon Wiesenthal's *The Sunflower*, in which he discusses the morality of forgiving a dying SS soldier for his part in murdering Jews during World War II. Several prominent moral and religious authorities express their views, helping to clarify the role of forgiveness in the fabric of interpersonal relationships. The book concludes with a discussion of the place of values in the process of psychotherapy.

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