



The Reality Between: A Buddhist Approach to Addiction, Grief, and Psychotherapy

By Kenneth A Lucas

iUniverse, United States, 2004. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In The Reality Between, author Ken Lucas takes up where Elisabeth Kubler-Ross left off. Lucas elegantly makes the case that although psychotherapists have limited the use of Kubler-Ross's Five Stages of Grief to physical death, patients can be taught to see anger, depression, and even addiction in their own grief context. The Reality Between shows how therapists can train themselves to hear the dozens of grief states their patients are experiencing at every single moment! Most psychotherapists fail to see their patients drowning in grief. Anger and depression are grief stages, not simply stressors or stand-alone issues. Most people die unhappily in the middle of Kubler-Ross's grief stages. As humans, we have a duty to become just as fluid and dynamic as the ever-changing world around us. Placing grief into a much larger, more fundamental Eastern context is a must for every psychotherapist.

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