



The Courage to Love: Principles and Practices of Self-Relations Psychotherapy

By Stephen Gilligan

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This is a book about how psychotherapy may be used to cultivate the courage and freedom to love.

In a time when love seems to be fading and hatred and despair rising, it presents love as a skill and force that can heal and invigorate, reconnect and guide, calm and encourage. In Gilligan's self-relations approach, psychotherapy is a conversation about competing differences. When these differences are treated violently or indifferently, problems arise; solutions develop when the skills of love are practiced. Those practical skills are described here, with an emphasis on postconventional ethics, Buddhist and aikido principles, and ideas of human sponsorship.

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- Sales Rank: #323148 in Books
- Published on: 1997-05-17
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x .60" w x 6.10" l, 1.19 pounds
- Binding: Hardcover
- 240 pages

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Editorial Review

About the Author

Stephen Gilligan, Ph.D. is a Psychologist in Encinitas, CA. He was one of the original NLP students at UC Santa Cruz, with Milton Erickson and Gregory Bateson as his mentors. After receiving his psychology doctorate from Stanford University, he became one of the premier teachers and practitioners of Ericksonian hypnotherapy. This work unfolded into his original approaches of Self-Relations and Generative Self, and then further (in collaboration with Robert Dilts) into Generative Coaching. He has taught in many different cultures and countries over the past 30 years, and has published extensively.

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