



## Inner Space: A Guide to Cognitive Behavioral Therapy from a Spiritual Perspective (Paperback)

By Dr J T Twerell

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Many spiritually oriented individuals are turning to their local church in large numbers to find help and understanding for their emotional problems. This unique change is due to the growing desire to return to religious and spiritual values in our society. Now, both trained clergy and counselors are challenged to adhere to a religious orientation in therapy. Short-term therapy, such as Rational Emotive Behavior Pastoral Therapy (REBPT), provides a systematic approach to understanding the problems clients present and allows for integration with spiritual philosophy. Inner Space provides an easy to understand guide for clergy and laymen who are seeking a structured counseling approach, which integrates Christian understanding. Designed as a simple textbook, Inner Space also provides an opportunity to receive a Certification of Completion through New York Christian Counseling Center, Inc. Dr. James T. Twerell founded the New York Christian Counseling Center in 1992 after spending over 25 years as a minister of an inner city church. For more information about Dr. Twerell s book, go to.



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