


ATTACHMENT AND LOVE IN THE THERAPY ROOM

- MARIA NARANJO



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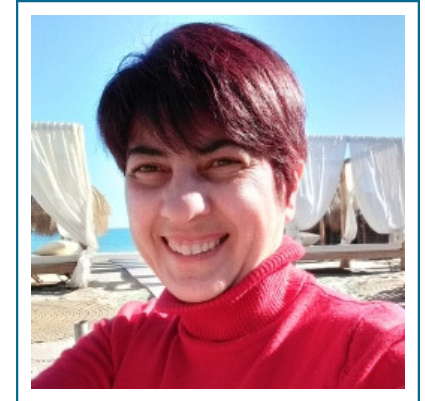


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About Maria Naranjo

I'm a counsellor who works with a humanist and transpersonal approach. I am also a Yoga teacher and Psychologist. I have worked in the areas of trauma, PTSD, suicide prevention, and self-harm, particularly with young people. It is an area of interest for me to explore clients' spirituality in the context of my work. Positive and unconditional regard for clients poses interesting ethical and practical issues that I am researching. Particularly, in the context of raising popular alternative therapies with therapists who may not have the training and experience to deal with issues such as self-awareness.



Event Details

This interview touches on the role of spirituality in counselling. We know human relationships are crucial for people's mental health. How about the relationship with the self? How do we approach the sense of something bigger than us in therapy? Love is absolutely essential for people to develop a healthy view of themselves. Often, clients have never experienced unconditional love before coming to therapy. What is the role of a therapist in the spiritual life of clients? Is it appropriate to model unconditional love for them?



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