



Ancient Christian Wisdom and Aaron Beck's Cognitive Therapy: A Meeting of Minds (American University Studies)

Alexis Trader

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Ancient Christian Wisdom and Aaron Beck's Cognitive Therapy details a colorful journey deep into two seemingly disparate worlds united by a common insight into the way our thinking influences our emotions, behaviors, and ultimately our lives. In this innovative study about mental and spiritual health, readers are not only provided with a thorough introduction to the elegant theory and practical techniques of cognitive therapy, they are also initiated into the perennial teachings of ascetics and monks in the Greek-speaking East and Latin-speaking West whose powerful writings not only anticipated many contemporary findings, but also suggest unexplored pathways and breathtaking vistas for human growth and development. This groundbreaking interdisciplinary volume in the art of pastoral counseling, patristic studies, and the interface between psychology and theology will be a coveted addition to the working libraries of pastors and psychologists alike. In addition, it is ideal as a textbook for seminary classes in pastoral theology and pastoral counseling, as well as for graduate courses in psychology dealing with the relationship between psychological models and religious worldviews.

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