

# Contents

|                                                        |            |
|--------------------------------------------------------|------------|
| Acknowledgments                                        | vii        |
| Introduction: Real versus Constructed                  | 1          |
| <b>PART I: THE NEW THERAPEUTIC MILIEU</b>              | <b>15</b>  |
| 1 Psychology's Inconvenient Truths                     | 17         |
| 2 Close Encounters with the Abyss                      | 45         |
| 3 Social Constructionism                               | 63         |
| 4 A Place to Stand                                     | 103        |
| 5 The Nomological Net                                  | 117        |
| <b>PART II: ENHANCING THERAPIST EFFECTIVENESS</b>      | <b>129</b> |
| 6 Focus on the Therapist                               | 131        |
| 7 Beginner's Mind                                      | 139        |
| 8 Wizards among Us                                     | 167        |
| 9 Apollonian Power: The Primacy of the Conscious Mind  | 191        |
| 10 Identity                                            | 211        |
| 11 Heart and Soul                                      | 229        |
| 12 The Other Royal Road: Social Determinants of Change | 257        |
| 13 Dionysian Power: Sacred Space and Altered States    | 275        |
| 14 The Spiritual Path                                  | 303        |

|    |                                                |     |
|----|------------------------------------------------|-----|
| 15 | Becoming Remarkable                            | 343 |
| 16 | The Way Forward                                | 385 |
|    | Appendix: The Geography of Constructed Reality | 391 |
|    | References                                     | 395 |
|    | Index                                          | 405 |
|    | About the Author                               | 409 |

Published by Lexington Books  
An imprint of The Rowman & Littlefield Publishing Group, Inc.  
501 Furber Boulevard, Suite 200, Lanham, Maryland 20706  
www.lexingtonbooks.com

Introduction: Real versus Constructed  
PART I: THE NEW THERAPEUTIC MILIEU  
1 Psychology's Inconvenient Truths  
2 Close Encounters with the Abyss  
3 Social Constructionism  
4 A Place to Stand  
5 The Nomological Net  
PART II: ENHANCING THERAPIST EFFECTIVENESS  
6 Focus on the Therapist  
7 Therapist's Mind  
8 Wizard's Mind  
9 Hypothesis: Between the Primacy of the Connection and the Primacy of the Professional-Patient Relationship  
10 Identifying New Skills  
11 Heart and Soul  
12 The Other Royal Road: Social Determinants of Change  
13 Dialectical Behavior Therapy: Sacred Space and Altered States  
14 The Spiritual Path

Printed in the United States of America