

INTO THE MOUNTAIN STREAM

Psychotherapy and Buddhist Experience



Edited by **PAUL C. COOPER**

*“Pushed by an inner imperative to engage both Buddhist and psychoanalytic practices wholeheartedly, the writers of these essays are on fire with their struggle to articulate their lived experience of an as-yet-undelineated frontier of embodied mind where psyche and spirit converge. The result is a splendid feast of stories of people who have sought, with bone-deep courage and unflinching honesty, to honor both their hearts and their intellect in their personal and professional pursuit of truth. They will be called ‘pushers of boundaries,’ ‘troublemakers’ and ‘keepers of the gateless gates’.”—Robert Jingen Gunn, Ph.D., author of *Journeys into Emptiness**

INTO THE MOUNTAIN STREAM represents a natural development in the conversation between Buddhism and psychoanalysis. This fluid, evolving, multi-textured conversation encompasses theory, philosophy, technique and the personal experiences of those involved as patients, as clinicians and as Buddhist practitioners. Clinical material expands and enriches the present rapidly growing theoretical and technical literature. In this sense, this collection bridges the gap between discourse that has impact and language that is informational.

Table of Contents:

- ♦ Introduction *by Paul Cooper*
- ♦ Reflections from the Margin *by Mark Finn*
- ♦ Coming Home to Wholeness *by Susan Rudnick*
- ♦ From Nowhere to Now Here *by Jeffrey L. Eaton*
- ♦ Don't Remove Delusion *by Barry Magid*
- ♦ The Light of Faithful Awareness *by Tony Stern*
- ♦ Driven to Distraction *by Marjorie Schuman*
- ♦ Through the Net *by Jeffrey Rubin*
- ♦ Cigarette Smoke & Incense *by Robert Jonas*
- ♦ Oscillations *by Paul Cooper*
- ♦ Staying Honest *by Dorothy Yang*
- ♦ Bringing Practice Home *by Joan Hoerberichts*
- ♦ A Transformational Moment *by Susan Flynn*

PAUL C. COOPER maintains a private practice in Manhattan. He is member, training analyst, clinical supervisor and faculty at the National Psychological Association for Psychoanalysis, Institute for Expressive Analysis; Board member and faculty at the Center for Spirituality and Psychotherapy; Editorial Board: *Psychoanalytic Review* and *Groundwater: Journal of Buddhism and Psychotherapy*. Paul Cooper co-edited *Psychotherapy and Religion: Many paths, One Journey* (2005: Jason Aronson.).

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