

A Resource List for the Spirituality and Psychiatry Special Interest Group of the Royal College of Psychiatrists

Introduction

The chief criterion for inclusion in this list is that an item is likely to be of interest to members of the Special Interest Group. Many colleagues have made suggestions, and more would be welcome, to help fill the gaps and improve the balance. (Please provide all publishing details and a brief annotation). Inevitably there has to be selection and the SIG Steering Group makes the final decision about what to include. Books listed are almost all recent, since to tackle the historic literature would be overwhelming.

The annotations are mostly personal, and are intended to be helpful rather than definitive. Material between single quotes is from dust jackets, blurbs or reviews, but has been vetted for relevance and appositeness. Books starred are regarded as directly concerned with spirituality as it relates to the practice of psychiatry and medicine; such categorisation is no more than indicative.

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Books

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| Anderson, William | <i>The Face of Glory</i> | 1996 | Bloomsbury | A spiritual autobiography, strikingly illustrated, that tackles creativity, consciousness and civilisation. |
| Austin, James | <i>Zen and the Brain</i> | 1998 | MIT Press | A neurologist 'interweaves the most recent brain research with the personal narrative of his Zen experiences'. |
| Bennet-Goleman Tara | <i>Emotional Alchemy</i> | 2001 | Rider, London | A synthesis of Western psychology and Buddhist mindfulness. Meditation as a means of liberation from patterns of harmful emotional reactions. |

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| Bache, Christopher | <i>Dark Night, Early Dawn: Steps to a Deep Ecology of Mind</i> | 2000 | SUNY Press | Using in part Stan Grof's technique for inducing altered states, this book 'combines philosophical reflections with deep self-exploration to delve into the ancient mystery of death and rebirth, emphasising collective rather than individual transformation'. |
| Bhugra, Dinesh (ed) | <i>*Psychiatry and Religion</i> | 1996 | Routledge | Essays exploring many aspects of the sometimes uneasy, often neglected, yet for many patients crucial relationship between faith and psychopathology. |
| Bohm, David | <i>Wholeness and the Implicate Order</i> | 1980 | Routledge | A quantum physicist links science and philosophy in his vision of the universe as an implicate order within which all is enfolded and which manifests explicitly as matter and consciousness. |
| Broom, Brian | <i>*Somatic Illness and the patient's other story</i> | 1997 | Free Association Books | An unusual integration of internal medicine and psychotherapy. |
| Chopra, Deepak | <i>Quantum Healing</i> | 1989 | Bantam | Brings together research in Western medicine, neuroscience, physics and Ayurveda to show that the human body is controlled by a network of intelligence grounded in 'quantum reality'. |
| Clarke, Isabel (ed) | <i>*Psychosis and Spirituality</i> | 2001 | Whurr | A collection of essays centred round the hypothesis, supported by a reading of cognitive behavioural therapy and aspects of neurophysiology, that the 'highest realms of human consciousness [are closely linked] with the depths of madness'. |
| Dossey, Larry | <i>*Healing Words</i> | 1993 | HarperCollins | A cardiac physician describes the power of prayer, and delineates three 'eras' in medicine. |
| Douglas-Klotz, Neil | <i>The Hidden Gospel</i> | 1999 | Quest | Jesus' familiar words newly translated from the Aramaic, the language he spoke. 'What emerges is a hopeful, nurturing, and very contemporary spiritual message.' |

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| Epstein, Mark | <i>Thoughts without a Thinker</i> | 1996 | Duckworth | 'A lucid and expert account of the wedding of psychotherapy and meditation.' |
| Fenwick, Peter & Elizabeth | <i>The Truth in the Light</i> | 1995 | Headline | An exploration by a neuropsychiatrist of over 300 near-death experiences, with thoughtful commentary and intriguing speculations concerning their origin and significance. |
| Fowler, James | <i>Stages of Faith - the Psychology of Human Development and the Quest for Meaning</i> | 1995 | Harper | Classic text, drawing on Piaget, Erikson, Kohlberg and Fowler's own researches. Describes faith development through six stages, common to all cultural/religious backgrounds. Informative and very readable. |
| Goleman, Daniel | <i>Emotional Intelligence</i> | 1996 | Bloomsbury | 'Our emotions play a far greater role in thought, decision making and individual success than is commonly acknowledged.' |
| Grof, Stanislav | <i>Beyond the Brain</i> | 1985 | SUNY Press | A psychiatrist's account of a therapeutic regression procedure, which suggests we are each on a spiritual journey, that began before we were born into our present life. |
| Grof, Stanislav | <i>*The Holotropic Mind</i> | 1993 | HarperCollins | Wide-ranging investigation of non-ordinary states of consciousness; a good introduction to the transpersonal paradigm with numerous clinical examples. |
| Grof, Stanislav | <i>The Cosmic Game</i> | 1998 | Newleaf | Summaries his extensive work in transpersonal psychology. |
| Hardy, Jean | <i>A Psychology with a Soul</i> | 1996 | Penguin Arkana | A good introduction to Psychosynthesis, which postulates a 'higher self' and which it is an aim of therapy to encounter. |
| Harvey, Andrew | <i>The Direct Path</i> | 2001 | Rider | A frank personal account by a seeker disillusioned by false prophets and failed gurus. |

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| Jung, C.G | <i>Modern Man in Search of a Soul</i> | 1933 | Routledge and Kegan Paul | A synthesis of Jung's researches on the soul. Essays include 'Problems of modern psychotherapy', 'The stages of Life', 'The spiritual problem of modern man' and ' Psychotherapists or the clergy?' |
| Kabat-Zinn Jon | <i>Wherever You Go, There You Are</i> | 1994 | Wisdom Books | A path for cultivating mindfulness in one's life and awakening to the beauty of each unfolding moment. By the author of the Mindfulness-based Stress Reduction programme (see p17. SIG Newsletter No.6). |
| Kearney, Michael | <i>Mortally Wounded: a place of healing</i> | 1996 | Marino Books Dublin | A Consultant in Palliative Care proposes a new model for healing suffering, drawing on Asklepiian Healing and the scientific medical model. |
| Kornfield Jack | <i>A Path with Heart</i> | 1995 | Rider | A delightful book about the process of inner transformation. An inspiring, expert but instantly accessible guide to spiritual life. |
| Kowalski Reinhard | <i>The Only Way Out Is In</i> | 2001 | Jon Carpenter Publishing | Guidebook for spiritual seekers, bridging Western psychology, yogic spirituality and ayurvedic psychology. Explores meditation, breathing techniques, mantras and devotion as psychological tools. |
| Lorimer, David (ed.) | <i>Thinking Beyond the Brain</i> | 2001 | Floris | Selected contributions to the first four <i>Beyond the Brain</i> conferences. Packed with insights and data that point to the need for a radical rethink of the theories and methods we use to investigate the human mind. |
| Lorimer, David et al. (eds) | <i>Wider Horizons: Explorations in Science and Human Experience</i> | 1999 | Scientific and Medical Network | Essays on science, health and philosophy in transition. Available from SMN at http://www.scimednet.org |
| Merton, Thomas, ed. Cunningham, Lawrence | <i>Thomas Merton, Spiritual Master - the Essential Writings</i> | 1992 | Paulist Press | A spiritual giant of the last century. |
| Modi, Shakuntala | <i>*Remarkable Healings</i> | 1997 | Hampton | Compelling account by an American psychiatrist of her |

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| | | | Roads | work with past life regressions and spirit release therapy, with a comprehensive account of associated symptomatology. |
| Nhat Hanh, Thich | <i>Transformation and Healing</i> | 1993 | Rider | A study of transformation and healing by a renowned Buddhist monk, peace activist and meditation master. |
| Needleman, Jacob | <i>*The Way of the Physician</i> | 1985 | Arkana | Written for practitioners and patients, urges physicians to become 'wise healers working on the heart rather than mechanics who fix bodies'. |
| Nelson, John | <i>*Healing the Split: Integrating Spirit into Our Understanding of the Mentally Ill</i> | 1994 | SUNY Press | Impressive overview of psychiatry, from genetics to the chakras, from the orthodox to the marginal, that bids to heal the split between orthodox and alternative views with a comprehensive approach that goes beyond both. |
| Newton, Michael | <i>Journey of Souls</i> | 1998 | Llewellyn Publications | A hypnotherapist's astonishing accounts of his patients' reports of existences outside the human life cycle. Goes on from where near-death experiences leave off. |
| Ornish, Dean | <i>Love and Survival</i> | 2001 | Vermilion | The author, renowned for his work on the holistic treatment of cardiovascular pathology, extends his researches to the scientific basis for the healing power of intimacy and its psychophysiology as a multi-system response. |
| Pert, Candace | <i>Molecules of Emotion</i> | 1997 | Simon & Schuster | Links the discovery of mediating neuropeptides with the central role of the emotions in the unity that is the 'bodymind'. |
| Rinpoche, Sogyal | <i>Tibetan Book of Living and Dying</i> | 1992 | Rider | 'How to understand the true meaning of life, how to accept death, and how to help the dying and the dead.' Has been described as a spiritual classic. |
| Ross, Hugh McGregor | <i>Jesus Untouched by the Church</i> | 1998 | Ebor Press | The Gospel of Thomas rearranged and carefully interpreted to reveal a coherent and controversial teaching. |

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| Scott Peck, M | <i>The Road Less Travelled and Beyond</i> | 1997 | Rider | A psychiatrist writes about how to deal with life's conflicts, problems and paradoxes so as to find the true simplicity that lies on the other side of complexity. |
| Swinton, John | <i>*Spirituality and Mental Health Care</i> | 2001 | Jessica Kingsley | A lecturer in Theology, formally a psychiatric nurse, presents research and informed discussion that indicates our harmful neglect of spiritual factors in mental health care, and suggests ways to remedy this. |
| Tart, Charles | <i>Living the Mindful Life</i> | 1994 | Shambhala | A workbook for 'waking up', based on an integration of science and ancient wisdom, and related to the author's extensive experience in transpersonal psychology. |
| Titmuss, Christopher | <i>Power of Meditation</i> | 1999 | Apple Press | Illustrated self-help manual (plus CD) - exercises to overcome stress, illness and emotional disturbances. |
| Varela, F J, Thompson, E & Rosch, E | <i>*The Embodied Mind</i> | 1991 | MIT Press | Makes common ground between cognitive science and Buddhist meditative psychology, and relates phenomenology and evolutionary theory to the problem presented to conventional science by subjectivity. |
| Velmans, Max | <i>Understanding Consciousness</i> | 2000 | Routledge | 'An exceptionally lucid and balanced account of the different approaches to and aspects of the problem [of consciousness].' |
| Wallace, B Alan | <i>The Taboo of Subjectivity</i> | 2000 | OUP | Reliable and comprehensive science must incorporate the subjective. |
| Walsch, Neale Donald | <i>Conversations with God, Books 1 – 3</i> | 1995 & later | Hodder& Stoughton | Walsch wrote a letter to God, and God replied! Whatever you make of this, these three books are full of surprising and moving insights. |
| Walsh, Roger | <i>Essential Spirituality</i> | 1999 | John Wiley & Sons | An unencumbered distillation of spiritual practice. Foreword by the Dalai Lama. |
| Whiteside, | <i>Happiness: the 30-day</i> | 2001 | Rider | A psychiatrist uses a scheme of common emotions to |

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| Patrick | <i>guide</i> | | | suggest ways of achieving personal growth, joy and contentment. See also www.happinessite.com |
| Wilber, Ken | <i>Grace and Grit</i> | 1991 | Gill & Macmillan | A moving account of his wife's death from cancer, diagnosed on their honeymoon. The carer's perspective has seldom been more honestly expressed, nor has suffering been more eloquently linked with a spiritual philosophy. |
| Wilber, Ken | <i>The Marriage of Sense and Soul</i> | 1998 | Newleaf | Science and Religion reconciled. |
| Wilber, Ken | <i>*Integral Psychology: Consciousness, Spirit, Psychology, Therapy</i> | 2000 | Shambhala | An 'all level, all quadrant' approach to psychology. |
| Woolger, Roger | <i>*Other Lives, Other Selves</i> | 1994 | Aquarian: HarperCollins | A Jungian analyst's clinical reports of the therapy of 'past life regression', its therapeutic indications and possible explanations for the phenomenon. A classic in its field, deeply thought provoking and easy to read. |
| Zohar, Danah & Marshall, Ian | <i>SQ: Spiritual Intelligence, the Ultimate Intelligence</i> | 2000 | Bloomsbury | Links brain and quantum activity to spiritual intelligence, a faculty claimed to be more fundamental than cognitive and emotional intelligence, and which can be measured and enhanced. |
| Zukav, Gary | <i>The Seat of the Soul</i> | 1991 | Rider | Using his scientist's eye and philosopher's heart, Zukav journeys beyond the senses to the soul, showing how the values of reverence, trust and compassion, are transforming everyday lives. |

Journals

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| Caduceus: healing for people, community and planet | 38 Russell Terrace, Leamington Spa, Warwickshire, CV31 1HE | An attractive magazine with a profound spiritual focus that contains fascinating interviews and informed comment about contemporary issues. Four issues a year. |
| International Journal of Healing and Caring | PO Box 502, Medford, NJ 08055, USA http://www.ijhc.org | Founded in 2001 by Dr Dan Benor, it addresses 'wholistic' treatments and physical / psychotherapeutic complementarity. Dr Benor is a psychiatrist who pioneered the database on empirical research into healing: www.wholistichealingresearch.com |
| Journal of Consciousness Studies: controversies in science and the humanities | Imprint Academic, PO Box 1, Thorverton, EX5 5YX | A now well-established British peer-reviewed journal that presents an impressive range of relevant research and informed debate: philosophy, mysticism, art, literature, language, spirituality, as well as cognitive and 'hard' science all find a place. Six issues a year. |
| Journal of Scientific Exploration | Allen Press, 810 East 10 th Street, Lawrence, KS 66044, USA | The journal of the Society of the same name. Comprise both technical and 'lay' articles and reports about anomalies in science, particularly but not exclusively in the parapsychological and extraterrestrial fields. Good book reviews. Four issues a year. |
| Network | PO Box 11, Morton-in- Marsh, Gloucestershire, GL56 0SF http://www.scimednet.org | Journal of the Scientific and Medical Network (qv). Many original articles, and a particularly good and extensive book review section. Only available to members. Three issues a year. |
| Resurgence | Ford House, Hartland, Bideford, Devon, EX39 6EE | A strong ecological and educational focus informs this flourishing magazine. It claims to be 'the leading international forum for ecological and spiritual thinking', publishing 'articles that are on the cutting edge of current thinking, promoting creativity, ecology, spirituality and frugality'. |

Organisations

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| British Association for Spirit Release | 2 Caroline Close, London W2 4RW http://www.spiritrelease.com . | Chaired by Dr Alan Sanderson, psychiatrist, BASR brings together doctors, healers and complementary health care practitioners interested in clinical disorders arising from spirit attachment and the treatment thereof by spirit release therapy. BASR holds regular meetings, publishes a newsletter and runs twice yearly a foundation course. |
| Institute for Noetic Sciences | 101 San Antonio Road, Petaluma, CA 94952, USA http://www.noetic.org | USA based with British members. It describes itself as ‘a global wisdom society in which consciousness, spirituality and love are at the center of life. Its purpose is ‘to explore consciousness for a world awakening through frontier science, personal inquiry and learning communities’. |
| International Center for the Integration of Health and Spirituality | 6110 Executive Boulevard, Suite 908, Rockville, Maryland 20852, USA | Previously the National Institute of Health Care Research. Headed by Professor David Larson, it fosters multi-disciplinary collaboration between educators and clinicians. It has established the leading database on research into mental health and spirituality. |
| John Templeton Foundation | PO Box 8322, Radnor, PA 19087, USA http://www.templeton.org | Philanthropist Sir John Templeton intends ‘to encourage a fresh appreciation of the critical importance for all peoples and cultures of the moral and spiritual dimensions of life’. His Foundation currently funds over 150 projects, many in the sphere of science and religion and their convergence. |
| Scientific and Medical Network | PO Box 11, Morton-in-Marsh, Gloucestershire, GL56 0SF http://www.scimednet.org | It ‘aims to deepen understanding in science, medicine and education by fostering both rational analysis and intuitive insights. It questions the assumptions of contemporary scientific and medical thinking, so often limited by exclusively materialistic reasoning’. UK based, with international membership. |
| Society for Scientific Exploration | Allen Press, 810 East 10 th Street, Lawrence, KS 66044, USA http://www.scientificexploration.org | Free associateship if you take their journal (see above), when you receive a membership list that contains many British members. |

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| Sacred Space – The International Journal of Spirituality and Health | Sacred Space Publications, Editorial Office, Redmire, Mungrisdale, Cumbria CA11 OTB | The Journal of the Sacred Space Foundation, which provides retreat facilities for health care workers and others. 'The Journal is non-denominational, and seeks to explore the nature and meaning of spirituality, as it affects those who work in healing and caring ways' |
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