

# Spirituality in Inner & Outer Landscapes

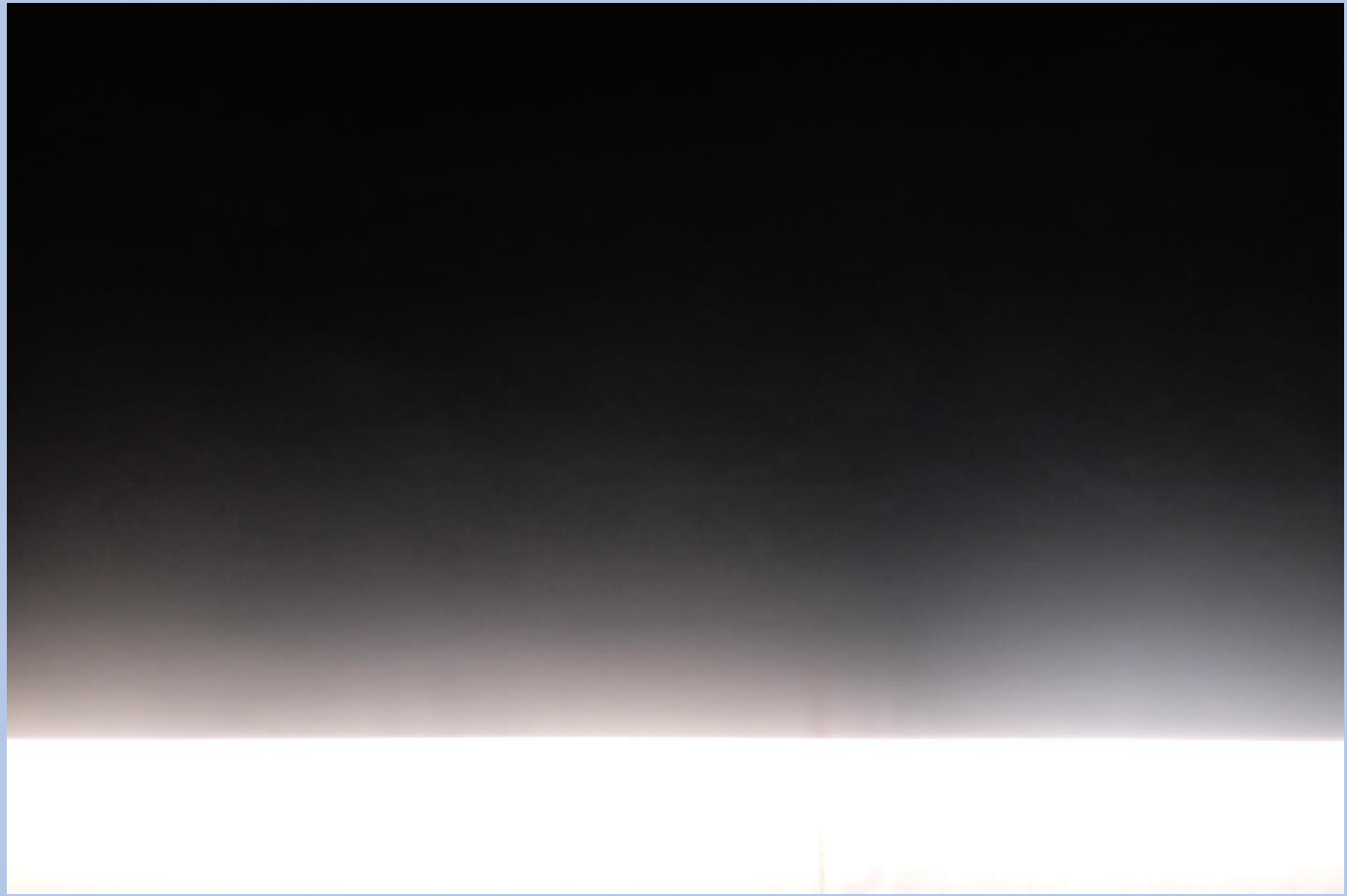


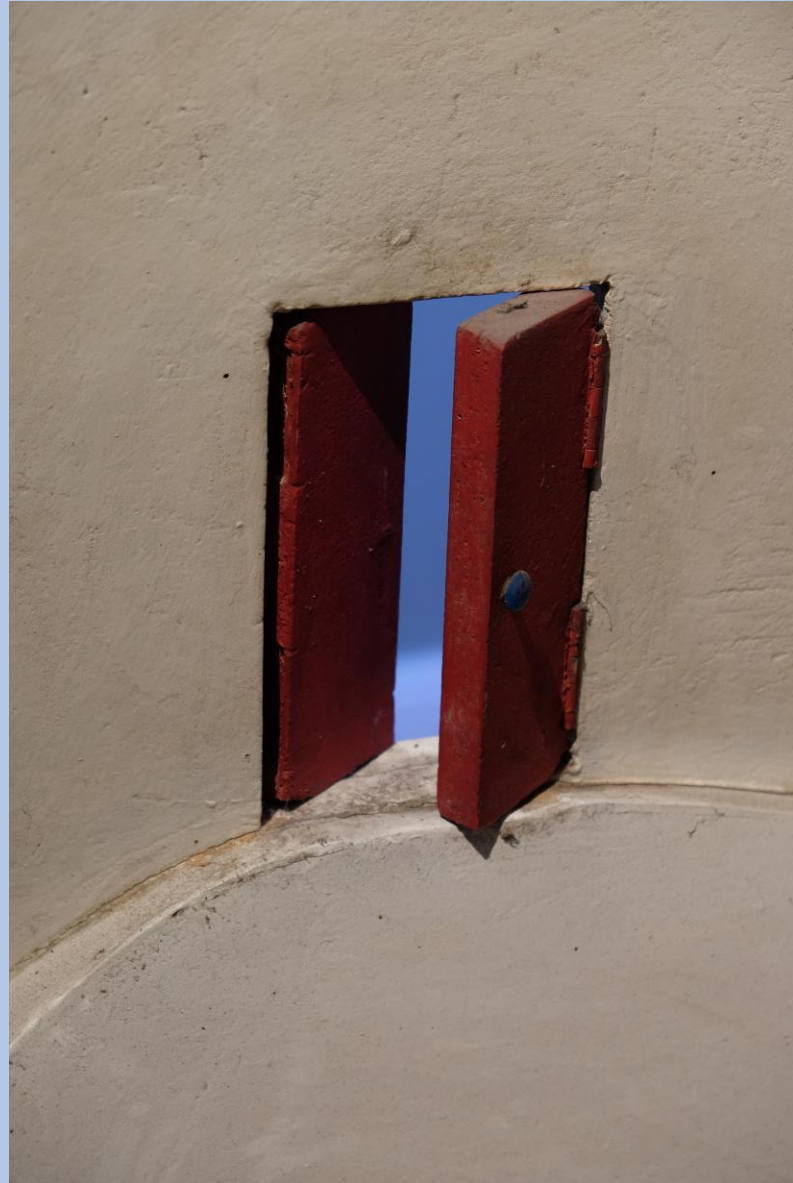
# Introducing Contemporary Psychodynamic Counselling and Psychotherapy

The Art and Science  
of the Unconscious



Alistair Ross









“You are about to  
radio for  
assistance ...”

# 1. Discover our blind spots

**Western**

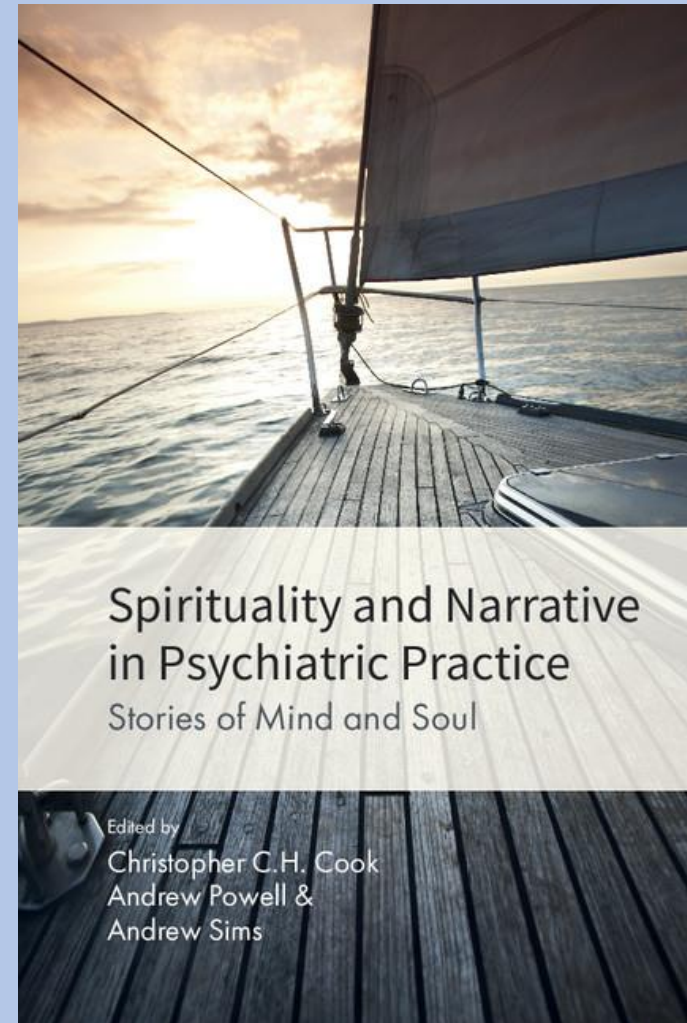
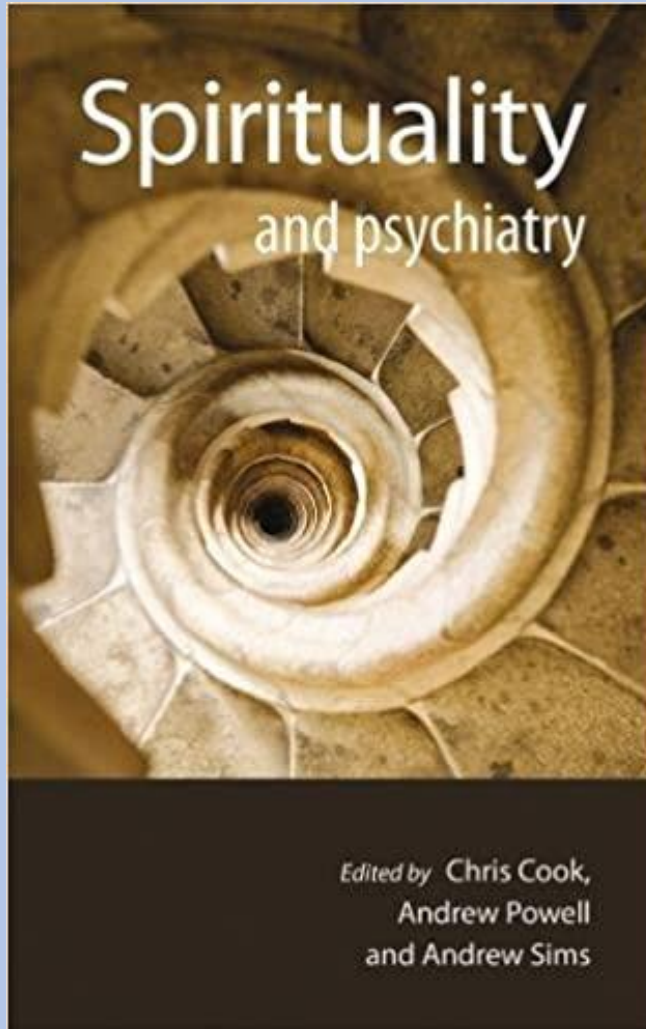
**Educated**

**Industrialised**

**Rich**

**Democratic**

## 2. Develop a dialogue





### 3. Religion can be toxic



## 4. Cultivate a spirituality

a) Inclusive in nature

b) Acknowledges the Transcendent

c) Encompasses the Sacred

# Spiritualities:

a) of the Sacred

b) the Self

c) the Senses