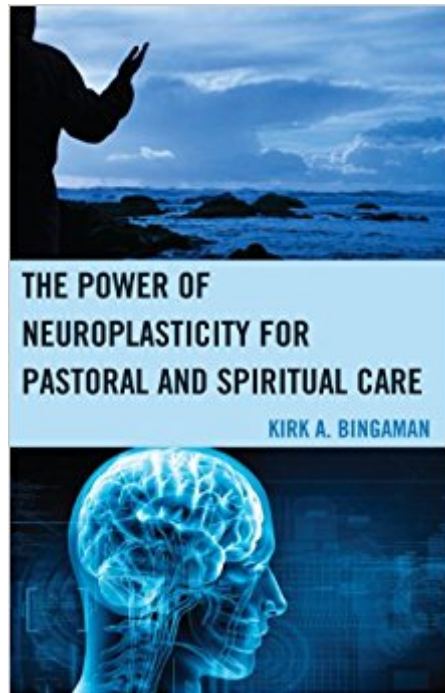




Ebook Directory
the best source of ebook

The book was found

The Power Of Neuroplasticity For Pastoral And Spiritual Care



Synopsis

Studies in neuroscience demonstrate that a focus on mindfulness meditation and contemplative spiritual practice has the capacity to increase our non-anxious awareness and significantly lower our stress. Not only is this finding of immediate importance for pastoral counselors and psychotherapists, it will even necessitate a paradigm shift in the way that pastoral and spiritual practitioners approach the general care of souls. The starting point for such a paradigm shift is an acknowledgement of the built-in negativity bias of the brain, and how certain beliefs and theological views may inadvertently reinforce the bias to the detriment of individuals and faith communities. Once necessary for human survival, the ingrained bias can often be excessive for today's world, resulting in negatively disproportionate assessments of life events and human relationships. To balance the neural predisposition toward negativity and anxious awareness, it is necessary for pastoral and spiritual caregivers, and those in their care, to cultivate a regular contemplative-meditational practice. *The Power of Neuroplasticity for Pastoral and Spiritual Care* focuses on the groundbreaking finding of contemporary neuroscience that the brain is built for change across the entire lifespan. It is designed to make the research accessible to and relevant for those engaged in the work of pastoral and spiritual care in order to help clients and congregants effect lasting and transformative changes in the mind and brain. Through the regular practice of contemplative prayer and meditation, we can literally calm the stress region of the brain in order to live less anxiously and experience more fully the peace and joy of the present moment. The introduction of mindfulness- and acceptance-based counseling approaches will provide pastoral and spiritual practitioners with an important therapeutic framework to situate their work, from which they can make more informed and effective interventions geared toward using the mind to change the brain.

Book Information

Paperback: 146 pages

Publisher: Lexington Books; Reprint edition (April 20, 2016)

Language: English

ISBN-10: 073919397X

ISBN-13: 978-0739193976

Product Dimensions: 6.1 x 0.4 x 9 inches

Shipping Weight: 2.1 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,417,025 in Books (See Top 100 in Books) #104 in Books > Christian Books & Bibles > Christian Denominations & Sects > Christian Science #498 in Books > Christian Books & Bibles > Christian Living > Counseling #780 in Books > Religion & Spirituality > Religious Studies > Counseling

Customer Reviews

In *The Power of Neuroplasticity for Pastoral and Spiritual Care*, not only Jesus's words in the Sermon on the Mount...but also religious and spiritual practices such as prayer and meditation are given multidimensional meaning and greater importance. The book is a welcome addition to pastoral and practical theology and theology's engagement with the sciences. It informs practical living, ways of caring, and clinical practice and invites a new approach to theological hermeneutics. Persons who are anxious or fearful, persons interested in religious and spiritual practices, and pastoral caregivers or professional counselors will find *The Power of Neuroplasticity for Pastoral and Spiritual Care* a stimulating, informative, and challenging conversation partner. (Pastoral Psychology) This is a fascinating and ambitious book that shows how contemporary neuroscience has valuable implications for the practice of pastoral and spiritual care. Bingaman has an ideal combination of intellectual breadth, clinical experience, and theological sensitivity. He presents a host of religiously and spiritually grounded methods as reliable agents of neuroplasticity, and makes a compelling case that people who put real time and effort into these practices will actually transform the way their brains work. (Kelly Bulkeley, Graduate Theological Union) *The Power of Neuroplasticity for Pastoral and Spiritual Care* is an accessible, immensely practical text that firmly grounds pastoral and spiritual care within the unfolding discoveries of contemporary neuroscience. Dr. Bingaman engages Christian theology, psychotherapeutic practice, and pastoral care, arguing persuasively that our evolved neural structures dispose us to fear and that mindfulness-based practices offer a powerful antidote for those caught up in persistent anxiety. The text will be a welcome resource for practitioners and care receivers alike, including those who are skeptical of neuroscience's applicability and those already convinced. (David A. Hogue, Garrett-Evangelical Theological Seminary)

Kirk A. Bingaman is associate professor of pastoral care and counseling at Fordham University. He is a licensed mental health counselor (LMHC) in New York and a fellow with the American Association of Pastoral Counselors (AAPC).

I am taking a class with Dr. Bingaman. He is a contemplative scholar and in this book scientist. Ultimately he is a Pastoral Care Provider and it is an awakening for those who mistakenly believe that science and faith are not from the same source.

I am reading this book because it is assigned for a class that I am taking at Fordham. I haven't finished it yet, but am intrigued by the topic which is that by meditation we can "rewire" our brains to be less negative. There is no age at which the process of neuroplasticity ends!

Kirk Bingaman's newest book, 'The Power of Neuroplasticity for Pastoral and Spiritual Care', is a gem for mental health practitioners who value the incorporation of faith in the counseling process, clergy members providing pastoral care or for anyone desiring to live life more closely to one's core values. In it, he cites research linking contemplative prayer and the practice of mindfulness to actual positive changes in the brain and then explains the therapeutic importance of these findings in the practice of pastoral counseling. Not only is it possible to cultivate the habit of living in the present moment, a miraculous feat in itself, but also to make desirable personal changes as a result of being kinder to oneself, learn to accept one's whole self "including flaws and strengths, and embrace the gift of 'being' instead of constantly feeling the need to act, react or control stressful situations. This practice, over time, can reduce anxieties and help us to learn to feel emotions more fully, even painful ones that are needed for personal growth. For Kirk, someone I am blessed to know, it is his own daily practice in contemplative prayer that makes it possible for him to share these findings experientially with clients in his counseling practice. He is an excellent, well-trained pastoral counselor who wants only the best for those in his care. This book, and the good news it reveals, make it an excellent read!

[Download to continue reading...](#)

The Power of Neuroplasticity for Pastoral and Spiritual Care
WOMAN BATTERING (Creative Pastoral Care and Counseling)
(Creative Pastoral Care & Counseling)
Pastoral Care from a Third World Perspective: A Pastoral Theology of Care for the Urban Contemporary Shona in Zimbabwe
(Research in Religion and Family)
Crisis Counseling (Creative Pastoral Care and Counseling)
(Creative Pastoral Care & Counseling)
Becoming a Healthier Pastor (Creative Pastoral Care and Counseling)
(Creative Pastoral Care & Counseling)
CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies)
The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church
Professional Spiritual & Pastoral Care:

A Practical Clergy and Chaplain's Handbook The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity Neuroplasticity: The MIT Press Essential Knowledge Series The Boy Who Could Run But Not Walk: Understanding Neuroplasticity in the Child's Brain Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) Ethics and Spiritual Care: A Guide for Pastors and Spiritual Directors Third Eye: Third Eye, Mind Power, Intuition & Psychic Awareness: Spiritual Enlightenment (3rd Eye, Spiritual Awakening, Psychic Abilities, Mediumship, Pineal Gland) Spiritual Care in Common Terms: How Chaplains Can Effectively Describe the Spiritual Needs of Patients in Medical Records Creating a Healthier Church: Family Systems Theory, Leadership and Congregational Life (Creative Pastoral Care and Counseling Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)