



SINGING DRAGON

Spiritism and Mental Health

Practices from Spiritist Centers
and Spiritist Psychiatric Hospitals in Brazil

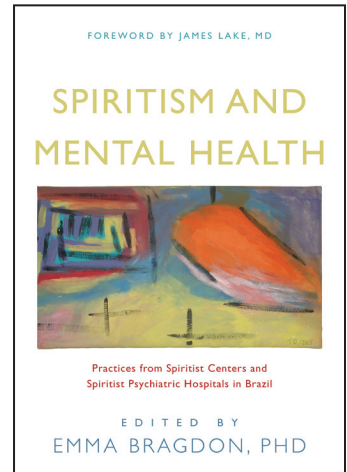
Edited by Emma Bragdon, PhD

Foreword by James Lake, MD

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“Spiritism and Mental Health is a marvelous introduction to the Brazilian Spiritist tradition. It is also a look at how consciousness-based research is transforming scientific medicine in our own culture.”

—Larry Dossey, MD, author of *The Power of Premonitions*



Practiced in community centers and psychiatric hospitals throughout Brazil, Spiritist therapies are gaining increasing recognition internationally for their ability to complement conventional medicine. This pioneering text is the first comprehensive account of the philosophy, theory, practical applications and wider relevance of Spiritist therapies to be published in the English language.

Leading practitioners and researchers in the field describe the history, principles and diagnostic processes of the Spiritist approach to mental health, and provide an extensive summary of the various methodologies used, including spiritual mediumship, energy work, prayer, homeopathy, past life regression and the practice of integrating spirituality into counselling and psychotherapy. Considering the ways in which Spiritism aligns with contemporary science, they show that the Spiritist model has the potential to bring about a positive transformation in the ways in which mental health care is conceptualized and delivered around the globe. The final part of the book explores how we can include Spiritist treatments in our own hospitals and clinics and further research into this dynamic integrative approach to mental health.

Providing important new insights into the rich tradition of Brazilian Spiritism, this authoritative text will be of interest to mental health professionals, counselors, therapists and alternative and complementary health practitioners.

Emma Bragdon, PhD, is Director of the Foundation for Energy Therapies (www.SpiritualAlliances.com). Since 2001 she has been traveling through Brazil researching Spiritism and Spiritist Psychiatric Hospitals. She is the author of *Kardec's Spiritism: A Home for Healing and Spiritual Evolution* and the co-producer of the documentary film *Spiritism: Bridging Spirituality and Health*. She lives in Vermont, USA, and Brazil.

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