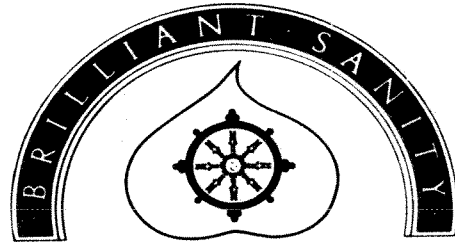


JOURNAL OF  
CONTEMPLATIVE  
PSYCHOTHERAPY

Volume IV

THE NAROPA INSTITUTE



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THE NAROPA INSTITUTE

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*To Chögyam Trungpa, Rinpoche (1940-1987)  
whose wisdom and compassion for all beings  
inspire this journal*

## PREFACE

This is the first issue of the *Journal of Contemplative Psychotherapy* and is a continuation, the fourth issue, of the *Naropa Institute Journal of Psychology*. The name change signals our increasing understanding of the proper role of the *Journal* and how it can become a more useful vehicle in the various disciplines of healing or helping people.

This issue has a wide range of articles and reflects the expanded editorial policy of the *Journal*. "Contemplative Psychotherapy" refers to the quality of treatment that results from joining the interpersonal discipline of psychotherapy with the personal discipline of working with oneself through the practice of meditation. This *Journal* documents work being done in the application of mindfulness-awareness practice to clinical situations.

One of the earliest Western psychologists who pointed to the joining of personal and interpersonal practices was William James. He said,

The faculty of voluntarily bringing back a wandering attention, over and over again, is the root of judgment, character and will. No one is *compos sui* if he have it not. An education which would improve this faculty would be the education [or therapy] par excellence. But it is easier to define this ideal than to give practical direction for bringing it about (*Psychology: Brief Course*. New York: Dover, 1961, p. 424).

The unification of these practices reveals the central role of ego processes in the formation of neurosis and psychosis. This understanding of ego, so different from the prevailing notion of ego in conventional psychology, has led to many resourceful means of treatment. Though such clinical ventures are characteristic of Buddhist psychology, they are also developing in other contemplative traditions, both religious (including

Christian, Judaic, and Hindu) and secular. We invite articles from clinicians who work with this view.

Edward M. Podvoll  
*Editor-in-Chief*

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