Dr. Brian Ogawa’s New Book Explains the Methods of Morita Therapy

“Desire For Life” outlines Morita’s contextual treatment and natural healing approach for anxiety disorders and neuroses.

Topeka, KS (PRWEB) May 16, 2013 -- Morita Therapy is a form of therapy designed to treat anxiety disorders and neurotic tendencies by enabling patients to live full and meaningful lives without being ruled by their emotional states. Dr. Brian Ogawa outlines the theory and methods of Morita Therapy in his new book, "Desire For Life: The Practitioner’s Introduction to Morita Therapy for the Treatment of Anxiety Disorders".

Dr. Ogawa’s work summarizes the key therapeutic goals and major techniques of Morita Therapy in counseling persons experiencing severe anxiety-related disorders, including general anxiety, panic attacks, obsessive-compulsive behaviors, phobias, posttraumatic stress, and hypochondria. This book is a concise and authoritative guide for those who want to incorporate Morita Therapy into their professional practice or teaching of Eastern counseling approaches. The hallmarks of Morita Therapy are holistic well-being, contextual healing, and integrative intervention. This book presents these elements to benefit practitioners and instructors in psychology, counseling, social work, education, human services, medicine, and allied health.

Dr. Ogawa is a proven authority on Morita Therapy. Comprehensive and insightful, Desire For Life: The Practitioner’s Introduction to Morita Therapy for the Treatment of Anxiety Disorders is an essential guide for mental health and helping professionals to counsel their clients toward fulfilling lives.

For more information on this book, interested parties may log on to www.Xlibris.com.

About the Author

Dr. Brian Ogawa is one of the foremost international practitioners and teachers of Morita Therapy. He is a full professor and chair of the Human Services Department at Washburn University, where he also directs the Morita Therapy Certificate Program for students in psychology, social work, human services, and other helping professions. His previous books include the following: A River to Live By: The 12 Life Principles of Morita Therapy (Xlibris/Random House); Walking On Eggshells: Practical Counsel for Women in or Leaving an Abusive Relationship (Kendall Hunt); Color of Justice: Culturally Sensitive Treatment of Minority Crime Victims, 2nd Edition (Allyn & Bacon); and To Tell the Truth: Assisting Child Victims through the Criminal Justice System (Volcano Press). Dr. Ogawa has been director of trauma recovery programs and a mental-health researcher, as well as in private practice focusing on Morita Therapy. In 1995, Dr. Ogawa received the National Crime Victims Service Award from the President at the White House for his work with trauma victims and the practice of Morita Therapy.

Desire For Life * by Dr. Brian Ogawa
The Practitioner’s Introduction to Morita Therapy
Publication Date: March 15, 2013
Trade Paperback; $21.99; 280 pages; 978-1-4836-0447-3
Trade Hardback; $31.99; 280 pages; 978-1-4836-0448-0
eBook; $3.99; 978-1-4836-0449-7

Members of the media who wish to review this book may request a complimentary paperback copy by contacting the publisher at (888) 795-4274 x. 7879. To purchase copies of the book for resale, please fax Xlibris at (812) 355-4079 or call (888) 795-4274 x. 7879. For more information on self-publishing or marketing with Xlibris, visit www.Xlibris.com. To receive a free publishing guide, please call (888) 795-4274.
Contact Information
Marketing Services
Xlibris
888-795-4274 7879

Online Web 2.0 Version
You can read the online version of this press release here.

If you have any questions regarding information in these press releases please contact the company listed in the press release. Our complete disclaimer appears here - PRWeb ebooks - Another online visibility tool from PRWeb.