



# **Archaeology of Psychotherapy in Korea: A study of Korean therapeutic work and professional growth (Routledge Studies in Asian Behavioural Sciences)**

*Haeyoung Jeong*

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**Archaeology of Psychotherapy in Korea: A study of Korean therapeutic work and professional growth (Routledge Studies in Asian Behavioural Sciences)** Haeyoung Jeong

This is the first English book dedicated solely to the historical development of psychotherapy in Korea. It is an archaeological research of literature relating to the care and treatment of mind in Korean history in dialogue with spiritual, philosophical, cultural, social, and medical perspectives. It reviews the evolution of different approaches on mental illnesses covering autochthonous practices, psychiatry, clinical psychology, counseling, Western psychotherapy, and Korean psychotherapy. *Archaeology of Psychotherapy in Korea* inspects:

- Folk Treatment
- First Psychiatry
- Influence from Clinical Psychology
- Counselling Development
- Implementation of Western Psychotherapy
- Shaping of Korean Psychotherapy

Its discussion engages firmly with the Korean culture and perspective while acknowledging various extrinsic influences and the fact that Korean psychotherapy continues to evolve in its own unique manner. It aims to refine the understanding of psychotherapy development in Korea in connection with its historical and social backgrounds, and to interpret a way to highlight the culturally relevant psychotherapy that is more suitable as a Korean psychotherapy better attuned to the distinct cultural and societal expectation of Korea.

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