



States of Consciousness: Models for Psychology and Psychotherapy (Emotions, Personality, and Psychotherapy)

Andrzej Kokoszka

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States of Consciousness expands on the pioneering work of J.H. Jackson, offering contemporary models for studying consciousness in both pathology and normal altered states, including relaxation, sleep, meditation, and hypnosis. The author clarifies distinctions between the neuroscientific and psychiatric components of consciousness; at the same time, his theories are rooted firmly in the biopsychosocial approach. The book's scope and the author's attention to detail make it a work of great versatility.

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