



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

By Haeyoung Jeong

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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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Editorial Review

Review

This is a valuable addition to the literature which looks at the impact of Asian culture on psychotherapy. The history of psychotherapy contains many metaphors illustrating the subtle principles behind human behaviour and mental health. Haeyoung Jeong brings to our attention the richness of Korean philosophy and its approach to psychotherapy, including the Buddhist and Indigenous traditions, and the metaphors that enlighten their approach. This is a great resource for all therapists interest in an integration of Eastern and Western ideas of psychotherapy.

Ann Moir-Bussy, Program Leader and Senior Lecture in Counselling, University of Sunshine Coast, Queensland, Australia.

A good example of the collision of Western mental health perspective with a non-Western culture is reflected in Haeyoung Jeong's *Archaeology of Psychotherapy in Korea: A Study of Korean Therapeutic Work and Professional Growth*. In this work, she documents the development of mental health ideas and practices in Korea from ancient times to the present. [...] [Her] examination of pre-Western psychotherapy in Korea does provide useful material about specific traditional Korean mental experiences and 'folk' psychotherapeutic practices for the Western-trained psychotherapist [...] Many of her conclusions could easily be used to start a transcultural dialogue about Koreans' unique mental experience. [...] Jeong, in some ways, starts a possible transcultural dialogue [...] very helpful for any psychotherapists who treats Korean patients."

Ronald Teague, PsycCRITIQUES, October 2015

About the Author

Haeyoung Jeong is a psychotherapist and art therapist. She received her doctorate in Psychotherapy Sciences from the Sigmund Freud University, Vienna.

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