People are reporting apparently strange, unrealistic, paranormal emotions and experiences without showing the traditional signs of abnormal behavior or any serious pathology. They confront the medical world, psychotherapists, psychiatrists, clinical psychologists, social workers, and even family doctors with the problem of choosing the right way of offering help.

This book is primarily intended as an introduction and guide providing background knowledge on how to evaluate these experiences and how to deal with them in clinical, counseling, and social welfare settings.

The contents of this book are the outcome of a three-day conference where specialists exchanged their clinical experiences, scientific knowledge, and personal opinions on how to help people who are suffering from paranormal or exceptional experiences within a professional setting.

The aim of the conference was to inform each other on theoretical concepts and practical experiences rather than persuading each other of personal beliefs. As a result, every chapter of this book is a stand-alone contribution to the existing knowledge on this subject from a different perspective.

Because of the truly extensive overview of the leading literature on this phenomenon, this book is a useful guide for everyone interested in the field of clinical parapsychology, and the concepts discussed can be directly applied in everyday practice.
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