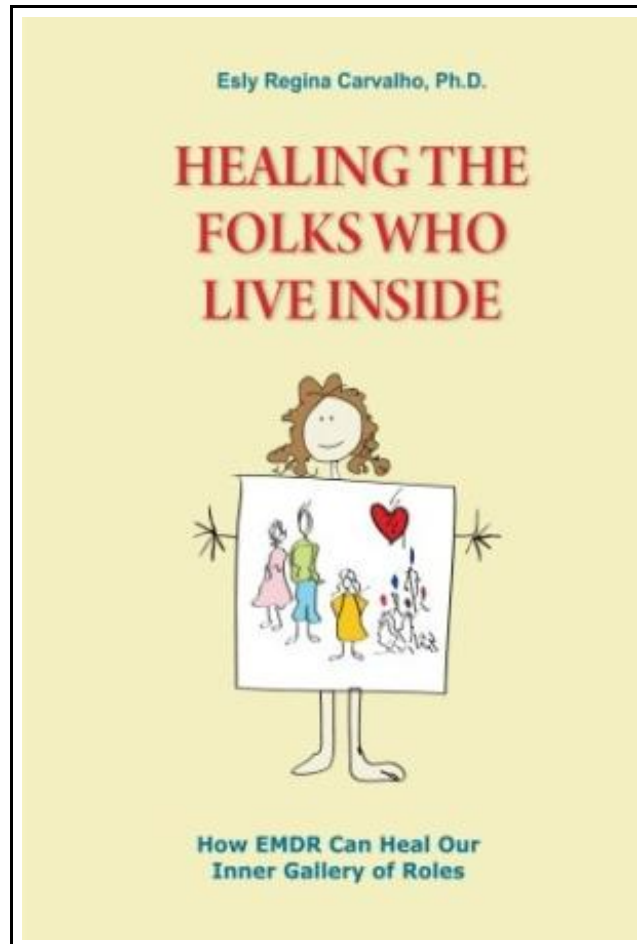


Healing the Folks Who Live Inside: How Emdr Can Heal Our Inner Gallery of Roles



Filesize: 5.48 MB

Reviews

An extremely wonderful pdf with perfect and lucid information. Better then never, though i am quite late in start reading this one. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Elenor Koch PhD)

HEALING THE FOLKS WHO LIVE INSIDE: HOW EMDR CAN HEAL OUR INNER GALLERY OF ROLES



Emdr Treinamento E Consultoria Ltda, United States, 2013. Paperback. Book Condition: New. 218 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you sometimes feel like you don't understand your reactions, feelings or thoughts? As if someone had hijacked the driver's seat of your life and you wound up doing something stupid? Or regret your response? You don't make sense in some situations, even to yourself? Maybe a wounded inner role took over and you didn't catch it? This book will explain what you can do about it. Using EMDR therapy to treat our Inner Gallery of Roles has brought together the best of reprocessing and role therapy for trauma and painful memories. Written for the layperson and full of snippets from the author's case studies, it will give readers information about emotional trauma and why we should treat it. In a fun, entertaining and yet informative manner, it illustrates how our inner roles run our lives - for better or for worse. The purpose of this book is to help identify and clarify the existence of our Inner Gallery of roles - those who live inside all of us and that drive many aspects of our lives, such as the Scaredy-Cat, the Adolescent in Crisis, the Liar (that even lies to myself!), and the Inner Doctor. We will see how these roles are born and develop within, their functions and interactions in our lives, and how to heal the wounded ones, so that we can lead more fulfilling lives. We can also learn how to celebrate those roles that build us up and move us forward in life, and serve as positive resources when we need them. Although Role Theory is an integral part of Psychodrama the special emphasis...



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