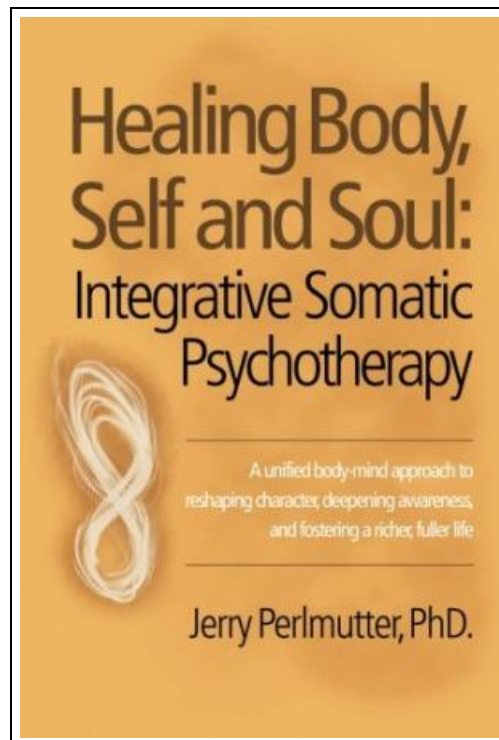


Healing Body, Self and Soul: Integrative Somatic Psychotherapy (Paperback)



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Very useful to any or all group of men and women. It is written in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.
(Althea Fahey MD)

HEALING BODY, SELF AND SOUL: INTEGRATIVE SOMATIC PSYCHOTHERAPY (PAPERBACK)**DOWNLOAD**

Balboa Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Review of Jerry Perlmutter's Healing Body, Self and Soul: Integrative Somatic Psychotherapy (ISP) In Healing Body, Self and Soul Perlmutter offers a mature, career-long account of his primary work, Integrative Somatic Psychotherapy. He outlines his use of body psychotherapy in the character work tradition of Reich, Lowen, and Brown including grounding, stress positions, hard and soft touch, externalizing introjects, strong expression of intense emotions, and more. This is integrated with a client-centered approach of keying off the spontaneous through honoring, and respecting unpredictable experiences as they arise in the client. Work is done in the context of an ongoing awareness cycle that promotes self-awareness, self-acknowledgement, self-acceptance and self-appreciation, which in the second stage of ISP therapy, following deep character work, leads into transformational explorations of one's soul and the spirit connected to the soul's energy. Clearly written and outlined with rich illustrations of the clinical theory. Gregory Johanson, Ph.D. Author (with Ron Kurtz) of Grace Unfolding: Psychotherapy in the Spirit of the Tao-te ching.

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