



From Psychotherapy to Sacretherapy - Alternative Holistic Descriptions Healing Processes for 170 Mental Emotional Diagnoses Worldwide

By Amelia Kemp Ph. D. Lmhc

Mind Body Spirit Books. Paperback. Book Condition: New. This item is printed on demand. Perfect Paperback. 326 pages. Dimensions: 9.7in. x 6.6in. x 0.9in. This book is the first to offer alternative holistic ways to describe, interpret and treat all 170 mental and emotional diagnoses worldwide in an attempt to remove the stigma and pathology associated with mental illness and restore sufferers sense of value and worth, while bringing them back into alignment with their inherent wellness. Dr. Kemp believes traditional interventions are fragmented and, therefore, prescribes holistic treatments that honor the whole person - mind, body and spirit. The book offers eight Steps to mental and emotional well-being and also honors other alternative healing modalities including herbal remedies, which are usually minimized in the American mental health community. In addition to the 170 alternative descriptions and healing processes that range from anxiety and depression to family problems with parents, children and infidelity, to obesity and religious issues to more complicated mental and emotional diagnoses such as the schizophrenias - the book also offers 24 healing exercises, illustrations, a chapter specifically devoted to healing suicidal thoughts and behaviors, as well as a dozen aftercare practices, along with free online aftercare support...

Reviews

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).

-- Prof. Ophelia Wiegand I

This publication will not be easy to get going on reading but really exciting to read through. it was writtern really perfectly and beneficial. I found out this pdf from my i and dad suggested this publication to find out.

-- Garrett Adams