



Psychotherapeutic Reiki: A Holistic Body-Mind Approach to Psychotherapy: Revised and Expanded Edition (Paperback)

By Richard Curtin

Lulu.com, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is for psychotherapists and counseling body workers who have a basic knowledge of Reiki. It addresses the following issues: * How to introduce table work to clients * The ethics and use of Reiki touch * An energy model for understanding psychological problems and symptom formation * Treatment techniques for exploring and releasing the negative effects of held trauma energy * The installation of corrective cognitive and emotional experiences * The use of breath work * Ways to help clients be present in their bodies * Ways to clear and vitalize the Human Energy Field * How to use intention and affirmation for cognitive, emotional and behavioral change Throughout this book, case examples are given to highlight the issues that typically arise when combining Reiki with psychotherapy.



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