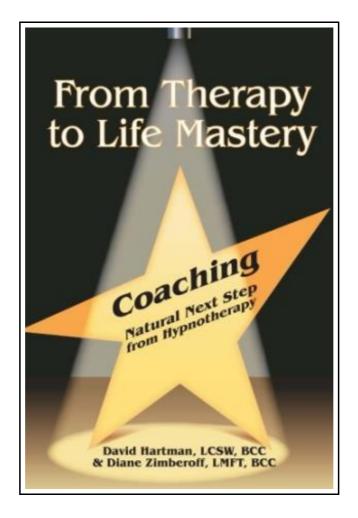
From Therapy to Life Mastery: Coaching as a Natural Next Step from Hypnotherapy



Filesize: 2.24 MB

Reviews

Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Anabel Zemlak)

FROM THERAPY TO LIFE MASTERY: COACHING AS A NATURAL NEXT STEP FROM HYPNOTHERAPY



Wellness Press, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The focus in psychology and psychotherapy for most of the twentieth century was on repairing the negatives of symptoms, traumas, disorders and deficits. Then around the turn of the century a refreshing movement began to gain credibility: Positive psychology and positive psychotherapy. Positive psychotherapy contrasts with standard therapeutic interventions for symptoms of mental or emotional dysfunction by increasing positive emotion, engagement, character strengths, and meaning rather than directly targeting negative symptoms. This developing trend is a direct descendent of the humanistic psychology movement and transpersonal psychology which evolved in the second half of the twentieth century. A further development in this continuum adds the dimension of adult development for optimal functioning into as yet unrealized potential: life coaching. Coaching hypnosis is the deliberate use of hypnotic strategies and principles as an adjunct to accepted coaching process. The inclusion of hypnosis, NLP techniques, and hypnotic strategies and principles in coaching is not only appropriate but highly effective. We will document some of the neuroscience reasons for this. Hypnosis creates a state of dual effect: relaxation yet responsiveness. The conscious mind is calmed, enabling access to the unconscious mind - trance logic - a way of reasoning that does not follow the rules of normal logical processes. Through this mechanism, an individual may have experiences and interpret them in ways that transcend their conscious rational belief system, opening new perspectives and expanded horizons of what is possible. Hypnosis: a new dimension in coaching.

- Read From Therapy to Life Mastery: Coaching as a Natural Next Step from Hypnotherapy Online
- Download PDF From Therapy to Life Mastery: Coaching as a Natural Next Step from Hypnotherapy

Relevant Books



Character Strengths Matter: How to Live a Full Life

Positive Psychology News, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What are the elements of good character? The Values in Action...

Download Document »



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

Download Document »



How to Overcome Depression God s Way: 9 Easy Steps for Restoring Hope

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Are you a Christian who wants to know how to...

Download Document »



A Cathedral Courtship (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author...

Download Document »



Born Fearless: From Kids' Home to SAS to Pirate Hunter - My Life as a Shadow Warrior

Quercus Publishing Plc, 2011. Hardcover. Book Condition: New. No.1 BESTSELLERS - great prices, friendly customer service â" all orders are dispatched next working day.

Download Document »