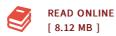




## Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change

By David Grand

SOUNDS TRUE INC, United States, 2013. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book. Brain-based therapy is the fastest-growing area in the field of psychological health because it has proven that it can immediately address issues that talk therapy can take years to heal. Now Dr. David Grand presents the next leap forward in psychological carecombining the strengths of brain-based and talk therapies into a powerful technique he calls Brainspotting. In Brainspotting, Dr. Grand reveals the key insight that allowed him to develop this revolutionary therapeutic tool: that where we look reveals critical information about what s going on in our brains. Join him to learn about: . The history of Brainspotting-how it evolved from EMDR practice as a more versatile tool for brain-based therapy . Brainspotting in action-case studies and evidence for the effectiveness of the technique . An overview of the different aspects of Brainspotting and how to use them . How Brainspotting can be used to treat PTSD, anxiety, depression, addiction, chronic pain, and much more Brainspotting lets the therapist and client participate together in the healing process, explains Dr. Grand. It allows us to harness the brain s natural ability...



## Reviews

This ebook will be worth buying. It usually fails to charge too much. You will not sense monotony at at any time of your time (that's what catalogs are for regarding when you check with me).

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Great electronic book and valuable one. It really is simplistic but surprises within the fifty percent from the book. Its been printed in an extremely simple way in fact it is merely right after i finished reading this publication by which in fact modified me, change the way i really believe.

-- Dr. Bethany Lindgren