



Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change (Paperback)

By David Grand

SOUNDS TRUE INC, United States, 2013. Paperback. Condition: New. 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 care—combining 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 brain. Join him to learn about: The history of Brainspotting—how it evolved from EMDR practice as a more versatile tool for brain-based therapyBrainspotting in action—case studies and evidence for the effectiveness of the techniqueAn overview of the different aspects of Brainspotting and how to use themBetween sessions—how clients can use Brainspotting on their own to reinforce and accelerate healingWhy working simultaneously with the right and left brain can lead to expanded creativity and athletic performanceHow Brainspotting can be used to treat PTSD, anxiety, depression, addiction, physical pain, chronic illness, and much more Brainspotting lets the therapist and client...



Reviews

Very helpful to any or all category of folks. It is writter in simple phrases rather than difficult to understand. Its been developed in an exceptionally simple way and is particularly just after i finished reading this pdf in which basically transformed me, modify the way in my opinion.

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