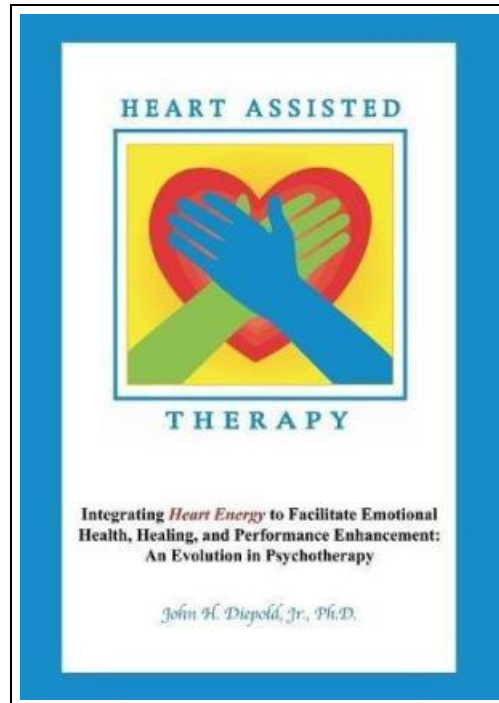


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Reviews

Totally among the best publication I actually have actually go through. It can be filled with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Glen Ernsler)

HEART ASSISTED THERAPY: INTEGRATING HEART ENERGY TO FACILITATE EMOTIONAL HEALTH, HEALING, AND PERFORMANCE ENHANCEMENT: AN EVOLUTION IN PSYCHOTHERAPY (PAPERBACK)

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Outskirts Press, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Heart Assisted Therapy (HAT) is a dynamic, integrative, humanistic, and mindfulness-enhancing approach to psychotherapy that integrates energy science. HAT uses the influence of the heart-brain-hands connection in concert with cognition, emotion, sensation, and a stabilizing breathing treatment while overlapping hands are placed over the heart (heart-breaths). HAT is a holistic mind/body/energy approach that uses Awareness Streaming in concert with the body s innate electro-physiology and respiration throughout the process. The HAT approach merges traditional psychotherapy components involving thoughts, feelings, and sensations with a novel use of hands over the heart to facilitate shifts in emotions, beliefs, behavior, and physical comfort. HAT engages the physical energies of the heart-brain-hands connection to orchestrate and synthesize these shifts. While this book is written primarily for mental health care providers, there are chapters devoted to the use of HAT, and the companion HAT self-regulation protocols (HAT-SR), by educators, physicians, nurses, dentists, and laypersons in general. In his long-awaited book, Dr. Diepold presents HAT in a clear, thorough, and concise manner that is intended to playfully spark curiosity, break new ground, and deepen clinical awareness. HAT complements any theoretical orientation, and can be employed throughout the diagnostic spectrum. HAT is a powerful, efficient, and gentle cutting-edge treatment that is easy to use and is both therapist and client friendly. It is also highly efficient for any type of performance enhancement and is appropriate for use with all ages. It is my belief that HAT will create a paradigm shift in how presenting issues are conceptualized and addressed. This is a book that the curious clinician may want to read more than once! Dr. Roger PoirE, Psychologist, Gilford, NH After studying this visionary book, I can emphatically report...



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