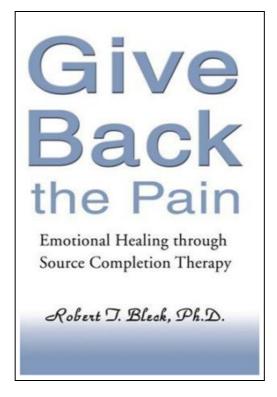
Give Back the Pain Emotional Healing through Source Completion Therapy



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Reviews

A high quality book and also the font employed was intriguing to read. I was able to comprehended every thing out of this created e book. You wont really feel monotony at whenever you want of the time (that's what catalogues are for concerning should you check with me). (Prof. Johnson Cole Sr.)

GIVE BACK THE PAIN EMOTIONAL HEALING THROUGH SOURCE COMPLETION THERAPY



iUniverse. Paperback. Condition: New. 148 pages. Dimensions: 8.9in. x 6.0in. x 0.4in.Believing that we all suffer from at least some emotional wounds as a result of our past experiences, Dr. Robert Bleck set out to devise a recovery therapy to aid his clients in coming to terms with those past hurts. The result has come to be known as Source Completion Therapy (SCT). To live a healthy and enriched life, our past emtotional wounds-like bodily infections-must be cleansed and allowed to heal. Source Completion Therapy is designed to do just that. Dr. Bleck, Chapter Incorporating all the effective, significant psychological theories widely in use today, SCT takes us on a journey of personal exploration and emotional healing built on the theory that we can only break free of the disabling effects of our hurts if we (first) become fully aware of their true origins, (next) re-experience the trauma, and (finally) complete the healing process by confronting the source of the pain. The text is completed by an easy-to-use self-hypnosis script designed to bring on the state of relaxation necessary for reliving and re-experiencing the events that created our symptoms. Options for giving the pain back to its source (completing) are also offered. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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