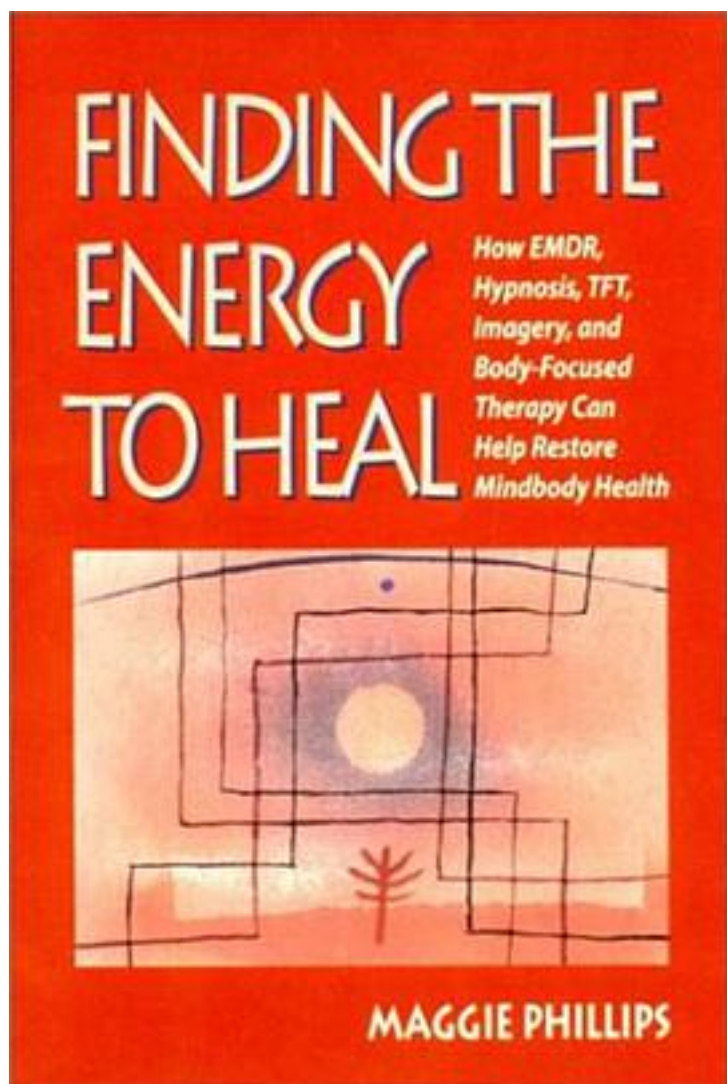


Finding the Energy to Heal



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The focus of Eastern healing is on correcting imbalance of disharmony so that qi, the life force energy that generates harmonious transformation in the body, can flow freely again. Using vivid examples, this book explores the possibility that psychological methods can be used in a similar way to address subtle energies in mindbody systems and thereby restore health. The author has presented highly acclaimed seminars on Ericksonian and clinical hypnosis, imagery, and ego-state therapy. Here she adds EMDR, thought field therapy (TFT), and body-focused therapy to the tools that can open inner pathways to healing that have been frozen by stress, past trauma, and developmental issues. Throughout the book she emphasizes the principles of gathering and building on strengths that each client already owns, using tools that provoke energetic flow to dissolve barriers to health, and selecting strategies that utilize the powerful effects of positive expectancy. In the first four sections, vivid, intriguing stories illustrate how EMDR, hypnosis, imagery, TFT, and body-focused therapy can be used to solve the mysteries of health crises triggered by general stresses and anxiety, posttraumatic stress, and the challenges of organic conditions such as cancer, head injury, arthritis, and cardiac disease. The final section presents three creative models for combining and integrating energy therapies to increase healing possibilities for individuals with complex health situations that do not respond to any one approach. Finding the Energy to Heal is an especially useful guide for professionals interested in cutting-edge methodology as well as for readers seeking solutions to perplexing health challenges.

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