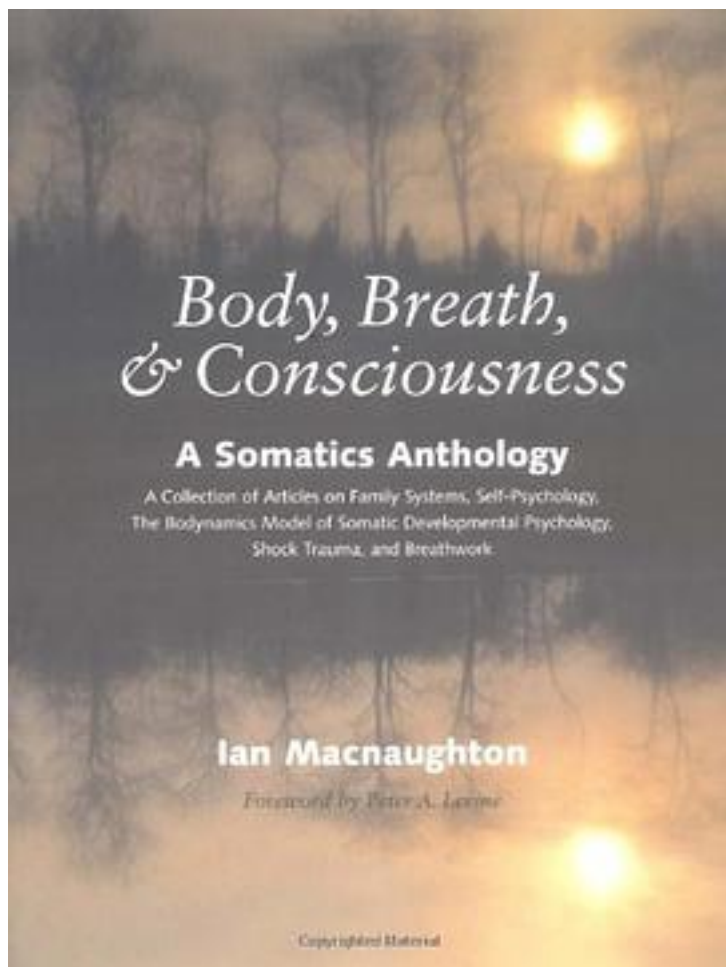


# Body, Breath and Consciousness



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The forces that develop the self—somatic, emotional, mental, interpersonal, social, and spiritual—must all be considered by therapists in treating any patient. Each article

in this important anthology deals in some way with these various elements. The writing is focused on the body-mind connection, exploring the practices and theories of this popular branch of psychology. Topics include the significance of family systems; dealing with trauma and shock in therapy; and the importance of breathing, offering valuable insights for the student and practitioner alike. Contributors include Marianne Bentzen, a trainer in Somatic Developmental Psychology; Peter Bernhardt, a professor of psychology; and Peter A. Levine, author of Waking the Tiger .

作者介绍:

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