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Nota di contenuto	Cover; Contents; List of Figures and Tables; Foreword; Preface; Acknowledgements; Abbreviations; Chapter 1 - The Regional Map: An Overview of this Book; Chapter 2 - The Detailed Map: DMT as a Creative Psychotherapy; Chapter 3 - Preparation: Warming Up and Getting Started; Chapter 4 - Incubation and Illumination: Letting Go into the Darkness and Seeing a Light; Chapter 5 - Evaluation: The Final Campfire; Appendix: Useful Addresses; References; Index
Sommario/riassunto	This is a practical introduction to a form of therapy, which has the body-mind relationship at its core. Illustrated throughout with case examples, this text defines the role of the therapist in working with clients to bring about change.