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Nota di contenuto	Cover; Copy Right; DISCLAIMER; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; CHAPTER 1: Introductory remarks-and rationale for psychoanalytic energy psychotherapy; CHAPTER 2: The essence of energy psychology; CHAPTER 3: History: how did we get to modern energy psychology?; CHAPTER 4: Some simple beginnings-tapping points and procedures, using EFT as a derivative of Thought Field Therapy; CHAPTER 5: Basic procedures in an energy psychology session; CHAPTER 6: Neurological (energetic) disorganisation; CHAPTER 7: Psychological reversal and associated resistances CHAPTER 8: Muscle testing (energy checking or body dowsing)CHAPTER 9: 'Parts' and programmes-and other elements of the structure and functioning of the psycho-energetic system; CHAPTER 10: Energy toxins; CHAPTER 11: Working with the chakras; CHAPTER 12: Some thoughts on Tapas Acupressure Technique [TAT]; CHAPTER 13: The energy perspective; CHAPTER 14: Freud, Reich, and bioelectrical energy-from libido to Qi; CHAPTER 15: Is the 'energy' concept necessary? A cognitive model of Emotional Freedom Technique

CHAPTER 16: Energy psychology perspectives and therapies for borderline and other personality disordersCHAPTER 17: A systematic review of the evidence base for energy psychology methods; CHAPTER 18: Case studies; CHAPTER 19: Ethical aspects of energy psychological work-dangers of idealisation and illusions of knowing; REFERENCES

Sommario/riassunto

People like to talk. We know that talking to an attentive and thoughtful listener can be helpful in clarifying conscious and unconscious feelings, thoughts, and motivations. But is talk enough? The complex physiology of anxiety and traumatic stress reactions is often stubbornly persistent, despite therapeutic exploration in both conscious and unconscious areas of the mind. In the case of severe trauma, talking can stir up the emotions and associated bodily disturbance without providing any resolution - sometimes leaving clients feeling worse. The developing field of energy psychology offers an entirely new perspective and gamut of techniques for locating where these traumatic patterns are encoded. They are not in the mind - but in the energy system at the interface of psyche and soma. By addressing these realms concurrently, a powerful therapeutic synergy emerges that allows rapid and deep shifts in the patterns of distress that drive the psychosomatic system.
