

1. Record Nr.	UNINA9910785176203321
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Titolo	Holotropic breathwork [[electronic resource]] : a new approach to self-exploration and therapy // Stanislav Grof & Christina Grof ; foreword by Jack Kornfield
Pubbl/distr/stampa	Albany, : State University of New York Press, c2010
ISBN	1-4384-3395-6 1-4416-6961-2
Descrizione fisica	1 online resource (284 p.)
Collana	SUNY series in transpersonal and humanistic psychology
Altri autori (Persone)	GrofChristina
Disciplina	615.8/36
Soggetti	Holotropic Breathwork (Trademark) Psychotherapy - Methodology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	<p>""HOLOTROPIC BREATHWORK""; ""HOLOTROPIC BREATHWORK""; ""CONTENTS""; ""FOREWORD""; ""PREFACE""; ""ACKNOWLEDGMENTS""; ""CHAPTER ONE: Historical Roots of Holotropic Breathwork""; ""1. Sigmund Freud and the dawn of depth psychology""; ""2. Humanistic psychology and experiential therapies""; ""3. The advent of psychedelic therapy""; ""4. Abraham Maslow, Anthony Sutich, and the birth of transpersonal psychology""; ""CHAPTER TWO: Theoretical Foundations of Holotropic Breathwork""; ""1. Holotropic states of consciousness""; ""2. Dimensions of the human psyche"" ""3. The nature, function, and architecture of emotional and psychosomatic disorders"" ""4. Effective therapeutic mechanisms""; ""5. Strategy of psychotherapy and self-exploration""; ""6. The role of spirituality in human life""; ""7. The nature of reality: Psyche, cosmos, and consciousness""; ""CHAPTER THREE: Essential Components of Holotropic Breathwork""; ""1. The healing power of breath""; ""2. The therapeutic potential of music""; ""3. The use of releasing bodywork""; ""4. Supportive and nourishing physical contact""; ""5. Mandala drawing: The expressive power of art""</p> <p>""CHAPTER FOUR: The Practice of Holotropic Breathwork"" ""1. Use of Holotropic Breathwork in individual sessions and groups""; ""2. Setting and interpersonal support system""; ""3. Theoretical preparation of</p>

participants"; "4. Screening for physical and emotional contraindications"; "5. Practical instructions for breathwork sessions"; "6. Preparation for the session and the relaxation exercise"; "7. Conducting Holotropic Breathwork sessions"; "8. The spectrum of holotropic experiences"; "9. The role of the facilitators"; "10. Mandala drawing and the processing groups"

"CHAPTER FIVE: Integration of the Breathwork Experience and Follow-Up Work""1. Creating conditions for optimal integration"; "2. Easing the transition to everyday life"; "3. Conducting follow-up interviews"; "4. Using various methods complementing holotropic breathwork";

"CHAPTER SIX: Trials and Tribulations of Holotropic Breathwork Facilitators"; "1. Encounter with the military junta in Buenos Aires"; "2. Competing with the exhibition of Doberman pinschers"; "3. Culture-bound challenges for Holotropic Breathwork facilitators""4. Technological ordeals in Holotropic Breathwork sessions""5. The pisspot, oinking piglets, and smoldering Kleenexes"; "6. Supreme ordeal Down Under"; "7. Conducting Holotropic Breathwork in adversarial settings";

"CHAPTER SEVEN: Therapeutic Potential of Holotropic Breathwork"; "1. Healing of emotional and psychosomatic disorders"; "2. Favorable Effect on Physical Diseases"; "3. Effect on personality, worldview, life strategy, and hierarchy of values"; "4. Potential for healing of cultural wounds and historical conflict resolution"

"CHAPTER EIGHT: Therapeutic Mechanisms Operating in Holotropic Breathwork"
