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Nota di contenuto	COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; PREFACE; Introduction: The art of bilateral affective reprocessing of thoughts (BART): a dynamic model for psychotherapy and peak performance; CHAPTER ONE Concept of intuition and introduction to BART psychotherapy for both therapy and peak performance; CHAPTER TWO Activation of the chakras using BART psychotherapy and peak performance; CHAPTER THREE Neurodevelopment of the head-brain, heart-brain, and gut-brain; CHAPTER FOUR Vibrational frequencies related to accelerated information processing in patients or clients CHAPTER FIVE Proposals for BART psychotherapy with special populations and effects of abuse and neglect on the developing brains of the patient or client CHAPTER SIX The mystery of consciousness; CHAPTER SEVEN Development of thought and the role of BART psychotherapy and peak performance in reprocessing thoughts; CHAPTER EIGHT Guidelines for practitioners on conducting a BART psychotherapy session; CHAPTER NINE Taking a trauma and developmental history

CHAPTER TEN Influence of some research in trauma therapy by neurobiologists and how this has affected my development of the integrative approach of BART psychotherapy and peak performance
CHAPTER ELEVEN Living in a hypothetical world dominated by the left hemisphere's perspective, and summary of the five stages of BART psychotherapy; CHAPTER TWELVE Using BART for peak performance in sport, business, academia, and any pursuit where anticipatory anxiety impairs results

CHAPTER THIRTEEN Template for comprehensive assessment of the patient or client prior to BART psychotherapy or peak performance, and use of the Hermann brain dominance instrument

REFERENCES; INDEX

Sommario/riassunto

The Art of BART (the Bilateral Affective Reprocessing of Thoughts) is a practitioner's introduction to an innovative psychotherapy model that draws on and integrates well-proven therapies (such as EMDR, sensorimotor psychotherapy and CBT) and on the Indian chakra tradition and other historical beliefs. As a therapeutic approach it has particular relevance to those who are living with the consequences of a traumatic event and those who seek after peak performance in fields such as sport and the arts. The book introduces the reader to BART as a psychotherapy that can benefit patients with disorders such as anorexia nervosa and dissociative identity disorder, and those who have suffered a traumatic event. It also looks at the information processing of the mind-body at the levels of the gut heart and the gut brain, and it makes connections between the endocrine and immune systems and the chakras of Indian tradition.
