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Nota di contenuto	COVER; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; PREFACE; CHAPTER ONE: Eye movement desensitization and reprocessing (EMDR) emotional freedom techniques (EFT), and psychoanalysis; CHAPTER TWO: The waking dream: from Freud to EMDR; CHAPTER THREE: What happens during an EMDR session?; CHAPTER FOUR: The abandonment of memory, trauma, and sexuality: the excessive preoccupation with "transference", and other problems with contemporary psychoanalysis; CHAPTER FIVE: Disintegration anxiety: the bedrock resistance to psychological change CHAPTER SIX: EMDR treatment of a travel phobia with complex traumatic roots CHAPTER SEVEN: Jane: EMDR and psychotherapy with a traumatized and abused woman; CHAPTER EIGHT: Brief case illustrations; CHAPTER NINE: Using EMDR and energy methods in practice; CHAPTER TEN: A comprehensive model of the psycho-somatic matrix: towards quantum energy therapy; CHAPTER ELEVEN: Research

Sommario/riassunto

Eye Movement Desensitization and Reprocessing (EMDR), along with methods from the new field of energy psychology, such as the Emotional Freedom Techniques (EFT), enable the rapid processing and release of traumatic memories and painful emotion. In this innovative work, Phil Mollon demonstrates how the perspectives of EMDR, energy psychology, and psychoanalysis can inform and enrich each other. By summarising relevant research and providing many clinical examples, Mollon has produced a challenging and invigorating scrutiny of psychoanalysis and an expanded vision of the potential for psychosomatic healing.