



Heart Assisted Therapy: Integrating Heart Energy to Facilitate Emotional Health, Healing, and Performance Enhancement: An Evolution in Psychotherapy (Paperback)

By John H Diepold Jr Phd

Outskirts Press, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Heart Assisted Therapy (HAT) is a dynamic, integrative, humanistic, and mindfulness-enhancing approach to psychotherapy that integrates energy science. HAT uses the influence of the heart-brain-hands connection in concert with cognition, emotion, sensation, and a stabilizing breathing treatment while overlapping hands are placed over the heart (heart-breaths). HAT is a holistic mind/body/energy approach that uses Awareness Streaming in concert with the body's innate electro-physiology and respiration throughout the process. The HAT approach merges traditional psychotherapy components involving thoughts, feelings, and sensations with a novel use of hands over the heart to facilitate shifts in emotions, beliefs, behavior, and physical comfort. HAT engages the physical energies of the heart-brain-hands connection to orchestrate and synthesize these shifts. While this book is written primarily for mental health care providers, there are chapters devoted to the use of HAT, and the companion HAT self-regulation protocols (HAT-SR), by educators, physicians, nurses, dentists, and laypersons in general. In his long-awaited book, Dr. Diepold presents HAT in a clear, thorough, and concise manner that is intended to playfully spark curiosity, break new ground, and deepen clinical awareness. HAT complements...



READ ONLINE
[3.94 MB]

Reviews

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).

-- **Delbert Gleason**

Without doubt, this is the very best operate by any writer. This is for all those who statte that there was not a well worth reading through. I discovered this pdf from my dad and i suggested this book to find out.

-- **Dominique Huel**