



Somatic & Energetic Resourcing: Facilitating Clients Living Authentically

Debra Littrell

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Is the mental health profession on the right track?

Are we asking clients to fit into a box? Are we medicating symptoms that are really signals from our innate Truth pointing to what requires change? Is the US health care system excluding effective methods that can return clients to Authentic Living?

What if we helped clients discover who they really are?

This book is for practitioners who are truly interested in facilitating their clients to Live Authentically. It will challenge you to do the same. Your embodiment of the spirit of the work will open up a whole new way for facilitating change.

Somatic & Energetic Resourcing provides a wealth of tools for practitioners to use for themselves, and with clients, to discover Truth and build core stability. These tools begin a journey of discovery—the difference between ego/personality/false selves, and your Authentic Selves. They offer a way to assess and prepare your clients for trauma resolution work. They strengthen your relationship, create a more stable core sense of self, and provide your client tools for handling strong emotions that often emerge when using EMDR and other trauma resolution therapies.

I invite you to step out of the box, and be the model of Living Authentically™.

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Maureen Harris:

Now a day those who Living in the era wherever everything reachable by connect with the internet and the resources included can be true or not call for people to be aware of each data they get. How individuals to be smart in getting any information nowadays? Of course the answer then is reading a book. Reading through a book can help persons out of this uncertainty Information mainly this Somatic & Energetic Resourcing: Facilitating Clients Living Authentically book because book offers you rich data and knowledge. Of course the information in this book hundred % guarantees there is no doubt in it you may already know.

James Robbins:

The reason why? Because this Somatic & Energetic Resourcing: Facilitating Clients Living Authentically is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will zap you with the secret the item inside. Reading this book alongside it was fantastic author who all write the book in such incredible way makes the content on the inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of gains than the other book possess such as help improving your proficiency and your critical thinking approach. So , still want to hold off having that book? If I ended up you I will go to the book store hurriedly.

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