

rebirthing therapy

Rebirthing Therapy: A Breath of Fresh Air or a Controversial Practice?

The human experience is rife with trauma, both big and small. From childhood anxieties to adult setbacks, the weight of unresolved emotional baggage can significantly impact our mental and physical well-being. Rebirthing therapy, a controversial yet intriguing modality, proposes a unique approach to healing: re-experiencing the trauma of birth to unlock trapped emotions and achieve profound personal growth. But is it a revolutionary healing technique, or a potentially harmful practice draped in pseudoscience? This in-depth exploration delves into the core tenets of rebirthing, examining its purported benefits, criticisms, and ultimately, leaving you to decide its merit. What is Rebirthing Therapy? Rebirthing therapy, also known as breathwork therapy, centers around the belief that unresolved trauma from the birth experience contributes significantly to psychological distress in adulthood. The therapy aims to address this by guiding individuals through controlled hyperventilation exercises designed to mimic the birthing process. Proponents believe that by reliving this experience in a safe and supportive environment, individuals can release suppressed emotions, access repressed memories, and ultimately achieve a sense of rebirth, leading to greater self-awareness and emotional regulation. The process often involves conscious connected breathing, focusing on deep, rhythmic breaths, without pauses between inhalation and exhalation. A therapist guides the session, offering support and facilitating the emotional release. The Controversial Nature of Rebirthing: It's crucial to acknowledge the significant controversy surrounding rebirthing therapy. The lack of rigorous scientific evidence supporting its efficacy is a major concern. Many critics argue that the technique's focus on the birthing process is overly simplistic and fails to account for the complexities of trauma experienced throughout life. Furthermore, the potential risks associated with hyperventilation, including dizziness, fainting, and in extreme cases, oxygen deprivation, are substantial and cannot be ignored. The unregulated nature of the practice also raises concerns about the qualification and training of practitioners, leaving individuals vulnerable to potentially harmful practices. Purported Benefits (with important caveats): While the scientific community largely remains unconvinced, proponents claim a range of benefits. It's imperative to note that these claims often lack rigorous empirical support and should be considered with caution. Potential benefits, as reported by proponents, include: Reduced Anxiety and Stress: Controlled breathing techniques can induce relaxation and calm, potentially easing anxiety symptoms in the short term. However, this effect isn't unique to rebirthing therapy and can be achieved through other relaxation techniques. Improved Emotional Regulation: By releasing suppressed emotions, individuals may experience enhanced emotional awareness and control. However, this can also be achieved through more established therapeutic approaches. Increased Self-Awareness: The process of confronting and processing emotions can lead to a deeper understanding of oneself and one's motivations. This is a potential benefit of many therapeutic approaches. Enhanced Body Awareness: The focus on breath and physical sensations can increase body awareness and mindfulness. Again, this is achievable through other mindfulness practices. Trauma Resolution (Contested): A core claim is the resolution of trauma related to birth and beyond. This claim is highly contested due to the lack of empirical evidence and the potential for retraumatization.

Alternative and Complementary Approaches to Trauma Treatment

Given the controversies surrounding rebirthing therapy, it's essential to explore more established and evidence-based approaches to trauma treatment. These include: Cognitive Behavioral Therapy (CBT): CBT focuses on identifying and changing negative thought patterns and behaviors contributing to emotional distress. Eye Movement Desensitization and Reprocessing (EMDR): EMDR uses bilateral stimulation (eye movements, taps, or sounds) to help process traumatic memories. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT): TF-CBT is specifically designed to address the needs of children and adolescents who have experienced trauma. Somatic Experiencing (SE): SE focuses on helping individuals release trauma stored in the body through gentle movement and awareness. Case Study (Illustrative, not endorsing rebirthing): While concrete, scientifically validated case studies are scarce for rebirthing, anecdotal evidence often points to positive experiences. One such account (without identifying information for privacy reasons) involves a client reporting reduced anxiety and improved sleep after several sessions of rebirthing. However, it's crucial to remember that correlation doesn't equal causation, and other factors could have contributed to these improvements. This highlights the need for robust research to validate these claims. Real-Life Applications (Limited & Controversial): Rebirthing's real-life application is limited and largely confined to those who believe in its efficacy. While some practitioners integrate it into broader therapeutic approaches, its standalone use raises significant ethical and safety concerns. It's not a treatment recommended by mainstream mental health professionals. Chart: Comparing Rebirthing with Evidence-Based Therapies | Feature | Rebirthing Therapy | CBT | EMDR | TF-CBT | SE | |-----|-----|-----|-----|-----|-----| | Evidence Base | Limited, largely anecdotal | Strong | Moderate to Strong | Growing | | Risk Level | Moderate to High (hyperventilation) | Low | Low | Low | Low | | Focus | Birth trauma, breathwork | Thoughts, behaviors | Eye movements, trauma processing | Trauma in

children/adolescents | Body sensations, trauma release | Conclusion: Rebirthing therapy remains a controversial practice with limited empirical support. While the desire to address past trauma and achieve emotional healing is understandable, the potential risks associated with hyperventilation and the lack of rigorous scientific validation raise serious concerns. Exploring evidence-based therapeutic approaches offers a safer and more effective path towards mental and emotional well-being. Before considering rebirthing, consult with a qualified mental health professional to discuss appropriate and safe treatment options. FAQs:

1. Is rebirthing therapy safe? No, rebirthing therapy carries potential risks associated with hyperventilation, including dizziness, fainting, and in severe cases, oxygen deprivation.
1. Is rebirthing therapy recognized by mainstream mental health organizations? No, major mental health organizations do not endorse or recommend rebirthing therapy due to its lack of scientific evidence and potential risks.
1. What are the alternatives to rebirthing therapy? Evidence-based therapies such as CBT, EMDR, TF-CBT, and SE offer safer and more effective approaches to trauma treatment.
1. Can rebirthing therapy cure trauma? There's no scientific evidence to support the claim that rebirthing therapy can cure trauma. Trauma resolution requires a comprehensive and individualized approach.
1. Where can I find a qualified rebirthing therapist? While finding practitioners is possible, it's crucial to prioritize practitioners with appropriate training and credentials. However, due to the lack of regulation and scientific support, this is strongly discouraged in favor of evidence-based therapies.

rebirthing therapy: In Therapy We Trust Eva S. Moskowitz, 2001-04-24 This fascinating historical study of how America's obsession with self-fulfillment permeates all aspects of society includes a look at the history of Americans' fascination with therapy. 39 halftones and 1 line drawing.

rebirthing therapy: Rebirthing Deike Begg, 2013-08-01 This is a pioneering book in the field of breath work therapy. Rebirthing is an impressive life changing therapeutic procedure that promotes and accelerates personal growth and development in a relatively short time.

rebirthing therapy: Therapy 101 Jeffrey C. Wood, Minnie Wood, 2008-10-01 You're feeling sad, anxious, or angry all the time, and you're thinking about seeing a therapist. But there's one problem: You don't know the first thing about therapists or whatever it is they get up to in those dimly lit offices. You ask your friends, your HMO, you thumb through the phonebook—but there are as many opinions as there are MFTs, LCSWs, and Ph.D.s waiting to add you to their appointment books. What are you, the curious and confused, to do? Don't panic! Therapy 101 can guide you through the twists and turns of the mental health maze. You'll learn about the different kinds of mental health professionals and the services they offer. You'll explore the various kinds of therapy and learn which therapies are best for which problems. Filled with curious and entertaining tidbits about the colorful history of psychology, Therapy 101 is as entertaining as it is informative. With this book in your back pocket, you'll be able to make the most of your time on the couch.

rebirthing therapy: Foundations of Counseling and Psychotherapy David Sue, Diane M. Sue, 2012-10-15 Foundations of Counseling and Psychotherapy provides an overview of the most prevalent theories of counseling within the context of a scientific model that is both practical and up-to-date. Authors David Sue and Diane Sue provide you with the best practice strategies for working effectively with your clients using an approach that recognizes and utilizes each client's unique strengths, values, belief systems, and environment to effect positive change. Numerous case studies, self-assessment, and critical thinking examples are included.

rebirthing therapy: Mind the Science Jonathan N. Stea, PhD, 2024-09-03 A clinical psychologist who regularly deals with some of society's most vulnerable exposes and debunks the predatory pseudoscience and grift of the multi-trillion-dollar wellness industry and points us towards a better way to take care of our mental health. Can the unbroken gaze of a lone man on a stage in front of hundreds of people truly alleviate their mental distress? Can Berlin Wall pills or a coffee enema cure depression? Can we improve our mental health with past-life regression therapy, cold-water shock therapy, rebirthing therapy? Wellness grifters and alternative-health snake oil salesmen are everywhere these days, and when our medical systems are under stress (and we are, too!) these costly purveyors of false hope are worse than a waste of money—they can lead us to delay badly needed care from real professionals, exacerbate our conditions and, in the most tragic of cases, even kill us. Today, people looking to care for their mental health face a market with at least 600 “brands” of psychotherapy—and counting. Most are ineffective, and many could be harmful. There exist countless unregulated providers of mental health services in the \$5.6 trillion USD wellness industry and alternative medicine community looking to exploit people's financial and emotional vulnerabilities. The world of mental health care is very much caveat emptor: buyer beware. Having seen so many of his patients hurt by the pseudoscience circulating in the industry, Dr. Jonathan N. Stea is on a mission to expose its harm and protect the public from mental health misinformation. In a landscape of rampant burnout and at a time when mental health concerns are at a fever pitch, Mind the Science provides hope and real information to those who have been touched by mental illness, have been misled by false marketing, or are simply curious about the relationship between science and mental health.

rebirthing therapy: Comprehensive Evidence Based Interventions for Children and Adolescents Candice A. Alfano, Deborah C. Beidel, 2014-06-18 A complete guide to evidence based interventions for children and adolescents The past decade has witnessed the development of numerous interventions proved to be highly effective; several treatments are now considered to be well established or probably efficacious interventions for children. Given the range

of providers working with children—clinical psychologists, child psychiatrists, clinical social workers, school psychologists, and marriage and family therapists—this book is designed to provide all professionals the information they now need about the use of these evidence-based interventions (EBIs), as well as the evaluation criteria used to determine their efficacy in meeting the mental health needs of children. Alfano and Beidel have assembled a team of experts to write the disorder chapters. Each chapter begins with an overview of the disorder then delves into evidence-based approaches to treatment, the impact of parental involvement, case-by-case modifications, progress measurement, and clinical examples. In overview chapters the editors cover: The role of development in treatment planning and implementation Dissemination of EBIs into school and community settings The use of controversial therapies with children Emerging methods of service delivery and access improvement Comprehensive Evidence Based Interventions for Children and Adolescents provides clinicians, researchers, and students alike with the theoretical, conceptual, and practical skills to provide children and adolescents with the best care possible.

rebirthing therapy: Soul Therapy Joy Manne, 1997

Joy Manne brings her experience as a psychotherapist, her years of Vipassanna meditation, and her knowledge of Buddhism to a blend of East and West called Soul Therapy. Her book is based on the premise that true and lasting healing comes from the Soul Quest, or spiritual development.

rebirthing therapy: Integrative Play Therapy Athena A. Drewes, Sue C. Bratton, Charles E. Schaefer, 2011-06-20 An integrative approach to play therapy blending various therapeutic treatment models and techniques Reflecting the transition in the field of play therapy from a “one size fits all” approach to a more eclectic framework that integrates more than one perspective, Integrative Play Therapy explores methods for blending the best theories and treatment techniques to resolve the most common psychological disorders of childhood. Edited by internationally renowned leaders in the field, this book is the first of its kind to look at the use of a multi-theoretical framework as a foundation for practice. With discussion of integrative play treatment of children presenting a wide variety of problems and disorders—including aggression issues, the effects of trauma, ADHD, anxiety, obsessive-compulsive disorders, social skills deficits, medical issues such as HIV/AIDS, and more—the book provides guidance on: Play and group therapy approaches Child-directed play therapy with behavior management training for parents Therapist-led and child-led play therapies Cognitive-behavioral therapy with therapeutic storytelling and play therapy Family therapy and play therapy Bibliotherapy within play therapy An essential resource for all mental health professionals looking to incorporate play therapy into treatment, Integrative Play Therapy reveals unique flexibility in integrating theory and techniques, allowing practitioners to offer their clients the best treatment for specific presenting problems.

rebirthing therapy: Counseling and Psychotherapy Theories in Context and Practice John Sommers-Flanagan, Rita Sommers-Flanagan, 2018-05-22 GET TO KNOW THE ORIGINS, DEVELOPMENT, AND KEY FIGURES OF EACH MAJOR COUNSELING THEORY This comprehensive text covers all the major theories in counseling and psychotherapy along with an emphasis on how to use these theoretical models in clinical practice. The authors cover the history, key figures, research base, multicultural implications, and practical applications of the following theoretical perspectives: Psychoanalytic, Individual/Adlerian, Existential, Gestalt, Person-Centered, Behavioral, Cognitive-Behavioral, Choice Theory/Reality Therapy, Feminist, Constructive, Family Systems, Multicultural, and Eclectic/Integrative. This text has case examples that bring each theory to life. The entire book has been updated with the latest research and techniques. Pedagogical features include learner objectives, Putting It in Practice boxes, questions for reflection, case examples and treatment planning, and chapter summaries. Every theory is examined from cultural, gender/sexual, and spiritual perspectives. The instructor supplement package includes a Respondus test bank, chapter outlines, supplemental lecture ideas, classroom activities, and PowerPoint slides. It also includes video demonstrations corresponding to every major theory and linked to each chapter's contents. In addition, a WPLS course will be available after publication. Expanded video elements closely tied to sections of the text New visuals, including graphics, charts, and tables to facilitate student understanding of theories and how they relate to one another Increased coverage of multicultural and ethical issues in every chapter Cultural, gender, sexuality, and spiritual issues are integrated into every chapter The Sommers-Flanagan's hands-on, practical approach emphasizes how students and practitioners can apply these theories in real-world practice. Students are empowered to develop theoretically-sound and evidence-based approaches to conducting counseling and psychotherapy.

rebirthing therapy: Lifestreams David Boadella, 2015-07-30 Biosynthesis means integration of life. It is a holistic form of body psychotherapy, which was founded over forty-five years ago. The concept of life-streams is one of its major foundations, which has since been supported by research in neurobiology. How can we integrate the three most important domains of being human: our bodily existence, our psychological experience and our spiritual essence? Biosynthesis Therapy has developed a broad spectrum of reliable methods to make this possible and to free our life energy. It is resource-oriented and is practised worldwide. David Boadella brings his many years of experience to provide in this book a trend-setting model for the understanding both of the origin of illness and of therapy. First published in 1987, this book has appeared in ten languages. It provides numerous case examples and is fascinating and enriching for the normal reader as well as for therapists from many different schools. In this book, the word bioenergetic is used to refer to the study of life energy, which is a major foundation of the therapy method Biosynthesis. This is not to be confused with the term Bioenergetic Analysis, an other and different form of body psychotherapy. Since 1985, together with David Boadella, Biosynthesis has been developed further by Dr. Silvia Specht Boadella, particularly in its philosophical and transpersonal aspects. In 1990, Biosynthesis was the first form of body psychotherapy to be scientifically accredited by the European Association of Psychotherapy. Biosynthesis therapists can therefore receive the European Certificate of Psychotherapy ECP. In 2001, the International

Foundation of Biosynthesis IFB was formed, to coordinate trainings and research in twenty countries in Europe, Asia, North and South America. The newest information about Biosynthesis, including our actual course programme, you will find on our website. David Boadella International Institute for Biosynthesis IIBS, Benzenrütli 6, CH-9410 Heiden, Switzerland E-mail: info@biosynthesis.org www.biosynthesis.org The Author David Boadella, born 1931 in London, pioneer of body psychotherapy and founder of Biosynthesis. He studied education, psychology and literature and wrote numerous articles and several books. Since 1985, he is the Director of the International Institute for Biosynthesis in Switzerland. In 1989, he was elected as the first President of the European Association for Body Psychotherapy EABP. In 1995, he was awarded an honorary doctorate from the Open International University of Complementary Medicine. Author of Wilhelm Reich: The evolution of his work (Arkana). Disclaimer Basically this book contains neither exercises or advices. Nevertheless, if statements from the book should be used for self-treatment or for treatment of others, every form of liability of the author or the publisher for personal, material, or financial damage is excluded. **rebirthing therapy:**

Human Behavior in the Social Environment Bruce A. Thyer, Catherine N. Dulmus, Karen M. Sowers, 2012-08-14 An accessible and engaging guide to the study of human behavior in the social environment, covering every major theoretical approach Providing an overview of the major human behavioral theories used to guide social work practice with individuals, families, small groups, and organizations, Human Behavior in the Social Environment examines a different theoretical approach in each chapter from its historical and conceptual origins to its relevance to social work and clinical applications. Each chapter draws on a theoretical approach to foster understanding of normative individual human development and the etiology of dysfunctional behavior, as well as to provide guidance in the application of social work intervention. Edited by a team of scholars, Human Behavior in the Social Environment addresses the Council on Social Work Education's required competencies for accreditation (EPAS) and explores: Respondent Learning theory Operant Learning theory Cognitive-Behavioral theory Attachment theory Psychosocial theory Person-Centered theory Genetic theory Ecosystems theory Small Group theory Family Systems theory Organizational theory **rebirthing**

therapy: Liquid Light of Sex Barbara Hand Clow, 2001-09-01 A nationally known astrologer explores the connection between spiritual emergencies at age 30, 40, and 50 and key astrological passages of Saturn, Uranus, and Chiron. • Provides techniques for directing the kundalini energy released during planetary passages for optimal personal and psychic development. • Includes charts for birth years starting in 1930 so that readers can determine the timing of their planetary passages. • By Barbara Hand Clow, author of the bestselling Pleiadian Agenda (60,000 copies sold). Kundalini--the energy of eros that lies at the base of the spine--can be overwhelming once activated. Times of activation coincide with the key astrological passages of Saturn, Uranus, and Chiron in one's birth chart and are often experienced as periods of spiritual emergency, confusion, and imbalance. In Liquid Light of Sex, Barbara Hand Clow opens up new dimensions for understanding what occurs during these key life passages, which most of us experience three times in our lives. In the author's words, we form at age 30, we transform at age 40, and we transmute at age 50. Focusing on the transformation at age 40--the time of imbalance and spiritual confusion often referred to as the midlife crisis--she explores how kundalini energy, the liquid light of sex, can be creatively channeled by unblocking the chakras. Offering effective methods for achieving physical, emotional, and spiritual growth during this important life passage, Liquid Light of Sex presents a roadmap for using celestial cycles to navigate positively and productively in times of great life change.

rebirthing therapy: Astrology and the Rising of Kundalini Barbara Hand Clow, 2013-09-02 Revised and updated edition of the classic astrology text on predicting and navigating life crises • Provides charts for the transits of Saturn, Uranus, and Chiron--now updated through 2050--to predict your personal growth cycles and timing of kundalini rising • Shares tools to cope with the intensity of spiritual emergency and direct the kundalini energy released during planetary passages • Includes a new preface by the author reflecting on 20 years of success stories since the book's initial publication • No astrological chart needed to use this book In this updated edition of Liquid Light of Sex, renowned astrologer and spiritual teacher Barbara Hand Clow explores the connection between life crises in your 30s, 40s, and 50s and the key astrological passages of Saturn, Uranus, and Chiron in your birth chart. She explains how kundalini energy--the "liquid light of sex" that lies at the base of the spine--is activated during these planetary transits, rising through the chakras and triggering the process of spiritual emergency, and in many cases, a cascade of health, emotional, and relationship problems as well as extreme anxiety. She shows that by understanding these astrological transits, you can be prepared for turbulent periods and successfully navigate them by creatively channeling the spiritual fire of kundalini. Clow provides astrological charts--now updated through 2050 for those born between 1930 and 2000--detailing the cycles of Saturn, Uranus, and Chiron, so you do not need your birth chart to use this book. She explains how to use the charts to predict the onset and completion of each kundalini activation and corresponding crisis. She shares tools for individuals and therapists to cope with the intensity of spiritual emergency and too much fire energy, unblock the chakras, and integrate the power of kundalini for physical, emotional, and spiritual growth. Reflecting on 20 years of success stories since the book's initial publication, Clow presents a road map for using celestial cycles to navigate positively and productively in times of great life change. **rebirthing therapy: Controversial Therapies for**

Developmental Disabilities John W. Jacobson, Richard M. Foxx, James A. Mulick, 2005-01-15 What approaches to early intervention, education, therapy, and remediation really help those with mental retardation and developmental disabilities improve their functioning and adaptation? This book brings together leading behavioral scientists and practitioners to focus light on the major controversies surrounding such questions. **rebirthing therapy: True Stories of CSI** Katherine Ramsland, 2008-09-02 The bestselling forensic psychologist examines the true crimes that inspired the

television smash hit, C.S.I. Katherine Ramsland follows the evidence and revisits some of the most absorbing episodes of the phenomenally popular C.S.I. television franchise, and explores the real-life crimes that inspired them. She also looks into the authenticity of the forensic investigations recreated for the dramatizations, and the painstaking real-life forensic process employed in every one of the actual cases?from notorious mass-murderer Richard Speck, to the massacre of Buddhist monks in an Arizona Temple, to a baffling case of apparent spontaneous combustion. **rebirthing therapy:**

Clinician's Guide to Evidence-Based Practices John C. Norcross, Thomas P. Hogan, Gerald P. Koocher, Lauren A. Maggio, 2016-11-18 The second edition of *Clinician's Guide to Evidence-Based Practices* is the concise, practitioner-friendly guide to applying EBPs in mental health. **rebirthing therapy:** *American Therapy* Jonathan Engel, 2008-10-30 From Freud

to Zolof, the first comprehensive history of American Psychotherapy Fifty percent of Americans will undergo some form of psychotherapy in their lifetimes, but the origins of the field are rarely known to patients. Yet the story of psychotherapy in America brims with colorful characters, intriguing experimental treatments, and intense debates within this community of healers. *American Therapy* begins, as psychotherapy itself does, with the monumental figure of Sigmund Freud. The book outlines the basics of Freudian theory and discusses the peculiarly powerful influence of Freud on the world of American mental health. The book moves through the emergence of group therapy, the rise of psychosurgery, the evolution of uniquely American therapies such as Gestalt, rebirthing, and primal scream therapy, and concludes with the modern world of psychopharmacology, cognitive-behavioral therapy, and highly targeted short-term therapies. For a counseled nation that freely uses terms such as "emotional baggage" and no longer stigmatizes mental health care, *American Therapy* is a remarkable history of an extraordinary enterprise. **rebirthing therapy:** *1 Out of 10 Doctors Recommends* H. Eric Bender, M.D., M.D., Murdoc Khaleghi, M.D., M.D., Bobby Singh, M.D., M.D., 2016-08-02

Have you ever wondered what that 1 outlier would say when you see commercials and products boasting that 9 out of 10 doctors recommend something? Well here's your answer.... Three doctors explore and explain the least recommended techniques and cures lurking in the darkest corners of medicine through the ages. Entertaining and informative, (and sometimes just plain gross), *1 Out of 10 Doctors Recommends* examines the strangest and most unusual medical practices, including drinking your own urine to fight infection, using live eels to relieve constipation, and licking a patient's head to diagnose cystic fibrosis. As licensed medical physicians who believe that humor is the best medicine, the authors decode the methods behind the seemingly mad science. Fascinating examples include: * the use of bee venom to treat herpes * infecting yourself with intestinal parasites to relieve allergies * "natural" ways to make your genitalia larger * how the insertion of a potato reportedly stops post-delivery bleeding * the effects of salt pork on a sore throat * the supposed benefits of "vampire facials" **rebirthing therapy: Counseling and Therapy Skills** David G. Martin, Edward A. Johnson, 2024-07-08 For decades *Counseling and Therapy Skills* has helped readers navigate from theory to practice on the path to becoming great therapists. The goal of this engagingly written text is to help beginning therapists learn skills without losing sight of the art of therapy. Great therapists are gifted at connecting with clients, achieving an almost artistic attunement. While there are many ways to do successful therapy, common factors include evocative empathy in a strong relationship focused on mutual, collaborative cognitive/experiential processing. Active, arousing, and evocative empathy encourages clients to explore their feelings. Learning to be ahead of clients allows therapists to bring the clients' deep experiences to life, empowering clients to be problem solvers and giving therapists helpful, active roles. The first section of the book describes fundamental skills. "Observing Therapy," a five-hour video recording of actual therapy sessions, accompanies the book. This learning tool demonstrates evocative empathy and is a guide for responding to clients. The final chapter in this section addresses experiential understanding, emergent modes of expressing empathy, mindfulness, presence, and being in the zone as a therapist. The second section offers practical advice about beginning therapy sessions, settings for therapy, ethical issues, different formats for therapy, and material on being a culturally competent therapist. The third section summarizes the latest research evidence on what makes therapy effective. It also explores the nature of emotional problems to give therapists a foundation for understanding why evocative empathy works. *Counseling and Therapy Skills* emphasizes material that the reader can use and translate into behavior. Woven throughout the text are the messages that therapy demands active involvement, empathy must be evocative, and the therapist must work at the leading edge of the client's experiencing. Significantly updated, the depth and insights of the fifth edition benefit both beginning and experienced counselors. **rebirthing therapy:** *Working with Children in Art Therapy* Caroline Case, 2002-01-31 Includes contributions from major public agencies for child care: health, education, and social services Covers areas of public concern such as child abuse and racial discrimination Gives examples of using different art media, for example, photography, to explore symbolic material All case material illustrated in colour and black and white. **rebirthing therapy:** *The Practice of Rational Emotive Behavior Therapy* Albert Ellis, PhD, Windy Dryden, PhD, 2007-07-31 Reissued with a new foreword by Raymond DiGiuseppe, PhD, ScD, St. John's University New trainees often get the theory of psychopathology; they struggle to get the case conceptualization and the strategic plan. Then they ask themselves. What do I do now? Going from the abstractions to the actions is not always clear. *The Practice of Rational Emotive Behavior Therapy* represents a compilation of years of theoretical and clinical insights distilled into a specific theory of disturbance and therapy and deductions for specific clinical strategies and techniques....The structure of this books focuses on an explication of the theory, a chapter on basic practice, and a chapter on an in depth case study. A detailed chapter follows on the practice of individual psychotherapy. Although the book is not broken into sections, the next four chapters represent a real treasure. The authors focus on using REBT in couples, family, group, and marathons sessions. Doing REBT with one person is difficult to learn. Once the clinician adds

more people to the room with different and sometimes competing agendas things get more complicated. These chapters will not only help the novice clinician but also the experienced REBT therapists work better in these types of sessions. So, consider yourself lucky for having picked up this book. Reading it will help many people get better. - From the Foreword by Raymond DiGiuseppe, PhD, ScD, Director of Professional Education, Albert Ellis Institute; Professor and Chair, Department of Psychology, St. John's University This edition, involving a unique collaboration between Albert Ellis and the world's greatest Ellis scholar, Windy Dryden, modernizes Ellis's pioneering theories. The book begins with an explanation of rational emotive behavior therapy as a general treatment model and then addresses different treatment modalities, including individual, couple, family, and sex therapy. The authors have added material new since the book's original edition on teaching the principles of unconditional self-acceptance in a structured group setting. With extensive use of actual case examples to illustrate each of the different settings, and a new brand new foreword by Raymond DiGiuseppe that sets the book into its 21st-century context.

rebirthing therapy: *Present-Centered Group Therapy for PTSD* Melissa S. Wattenberg, Daniel Lee Gross, Barbara L. Niles, William S. Unger, M. Tracie Shea, 2021-06-17 Present-Centered Group Therapy for PTSD integrates theory, research, and practical perspectives on the manifestations of trauma, to provide an accessible, evidence-informed group treatment that validates survivors' experiences while restoring present-day focus. An alternative to exposure-based therapies, present-centered group therapy provides practitioners with a highly implementable modality through which survivors of trauma can begin to reclaim and invest in their ongoing lives. Chapters describe the treatment's background, utility, relevant research, implementation, applications, and implications. Special attention is given to the intersection of group treatment and PTSD symptoms, including the advantages and challenges of group treatment for traumatized populations, and the importance of member-driven processes and solutions in trauma recovery. Compatible with a broad range of theoretical orientations, this book offers clinicians, supervisors, mentors, and students a way to expand their clinical repertoire for effectively and flexibly addressing the impact of psychological trauma.

rebirthing therapy: *Toward a Science of Clinical Psychology* Cory L. Cobb, Steven Jay Lynn, William O'Donohue, 2023-01-01 This book pays tribute to Scott O. Lilienfeld of Emory University, a leading scholar in the field of clinical science who has made important contributions to a wide range of central topics including definition of the field, cognitive biases and critical thinking, memory, personality and personality disorders, projective testing and its problems, cultural sensitivity and issues like microaggressions, forensic psychology and neuroscience, among others. His writings are known for their clarity, their astute critical frame, their fairness, and their intellectual courage in the face of controversy. This anthology serves as a thorough introduction to the scientific evolution of clinical psychology, collecting contributions from leading authorities in each of these domains to comment on past and future insights made possible by Scott Lilienfeld's work.

rebirthing therapy: *Pseudoscience and the Paranormal* Terence Hines, 2010-09-30 Television, the movies, and computer games fill the minds of their viewers with a daily staple of fantasy, from tales of UFO landings, haunted houses, and communication with the dead to claims of miraculous cures by gifted healers or breakthrough treatments by means of fringe medicine. The paranormal is so ubiquitous in one form of entertainment or another that many people easily lose sight of the distinction between the real and the imaginary, or they never learn to make the distinction in the first place. In this thorough review of pseudoscience and the paranormal in contemporary life, psychologist Terence Hines teaches readers how to carefully evaluate all such claims in terms of scientific evidence. Hines devotes separate chapters to psychics; life after death; parapsychology; astrology; UFOs; ancient astronauts, cosmic collisions, and the Bermuda Triangle; faith healing; and more. New to this second edition are extended sections on psychoanalysis and pseudopsychologies, especially recovered memory therapy, satanic ritual abuse, facilitated communication, and other questionable psychotherapies. There are also new chapters on alternative medicine, which is now marketed in our drug stores, and on environmental pseudoscience, with special emphasis on the evidence that certain technologies like cell phones or environmental agents like asbestos cause cancer. Finally, Hines discusses the psychological causes for belief in the paranormal despite overwhelming evidence to the contrary. This valuable, highly interesting, and completely accessible analysis critiques the whole range of current paranormal claims.

rebirthing therapy: *Larson's Book of World Religions and Alternative Spirituality* Bob Larson, 2004 In this indispensable reference tool for parents, students, and pastors alike, Larson analyzes dozens of world religions and spiritual movements from Islam to UFOs, New Age movements to witchcraft. This volume helps address tough questions from a biblical perspective.

rebirthing therapy: *Core Approaches in Counselling and Psychotherapy* Fay Short, Phil Thomas, 2014-07-17 Core Approaches in Counselling and Psychotherapy is a comprehensive guide to the four main psychological approaches (Humanistic, Psychodynamic, Behavioural and Cognitive) and introduces several of the most common therapies used today. This textbook contains sufficient coverage to explain all of the most important elements of these core approaches and sufficient depth to provide a detailed analysis of the ten main therapies: Person-Centred Therapy, Psychoanalytic Therapy, Behaviour Therapy, Cognitive Therapy, Gestalt Therapy, Transactional Analysis, Rational Emotive Behaviour Therapy, Cognitive-Behaviour Therapy, Multimodal Therapy and Neurolinguistic Programming. The book focuses on the development of each approach and presents the associated therapy in its historical and psychological context, giving a deeper insight into the theories and clarifying the overlap between different therapies. Presented in a unique style, with a clear layout, rigorous content and extensive resources available online, Core Approaches in Counselling and Psychotherapy is an invaluable asset for undergraduate and postgraduate students at all levels of study and is the ideal textbook for any degree or higher-level module in counselling.

rebirthing therapy: *Just Smoke and Mirrors* W. Sumner Davis, 2003 What is it about mythology,

mysticism and pseudoscience that has such a vast appeal to us? From dark roomed seances, to Tarot cards and Ouija boards, to Astrology and Rune stones, American Culture seems fascinated by the paranormal. Has our society lost faith in the age old institutions of religion? Or are we attempting to escape what many feel is a mundane reality? In this latest book, we will explore this search for wonder, and examine its negative effects on true science and critical thought.

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connecting the many chapters of the author's life journey, with over 300 drawings, paintings and photographs illustrating the story. Inspired by her daughter's request to introduce her to the artist she was before becoming a mother, this intimate memoir includes her growing up in a leftist immigrant Jewish family in the fifties, her education and training as an artist, studies in Germany in 1958, and a year of drawing and painting in Europe in 1962. The cultural climate of the sixties significantly changed the course of her life and work. After the birth of her daughter, she began a spiritual practice that included time in India. She eventually embraced Buddhist Vipassana meditation. Included is her training as an art and body therapist and the transition into becoming a psychotherapist. She maintains a private practice as a transpersonal/somatic psychotherapist and group therapist in Santa Rosa, California

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million websites are focused on AM) is much more the rule than the exception. Consumers are thus being bombarded with misinformation on AM, and they are ill-protected from such misinformation and therefore prone to making wrong, unwise or dangerous therapeutic decisions, endangering their health and wasting their money. This book is a reference text aimed at guiding consumers through the maze of AM. The concept of the book is straightforward. It has two main parts. The first, short section provides essential background on AM, explaining in simple terms what is (and what is not) good, reliable evidence, and addressing other relevant issues like, for instance, the placebo response, informed consent, integrative medicine, etc. The second and main part consists of 150 short chapters, topically grouped and each dedicated to one single alternative therapeutic or diagnostic method. In each of them, seven critical points are raised. These points relate to issues that are important for consumers' decisions whether it is worth trying the method in question. Restricting the discussion to just seven points means that issues must be prioritized to those themes which are most relevant in the context of each given modality.

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