



Der Körper kennt den Weg: Trauma-Heilung und persönliche Transformation (German Edition)

Johannes B. Schmidt

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Wie der Körper als innerer Kompass dienen kann

Unser Körpererleben bestimmt wesentlich unsere Lebensqualität – unser In-der-Welt-Sein. Mit Achtsamkeit und Respekt vor der inneren Weisheit des Körpers erschließt sich ein neuer Weg. Er führt zu Lebensorientierung, Entscheidungsfähigkeit, Ganzheit, Integrität und gelungener Selbstregulierung. Tiefes therapeutisches Wissen wird in diesem Buch ergänzt mit persönlichen Erfahrungen von ungewöhnlicher Dichte. Es unterstützt bei persönlicher Transformation und zeigt, wie Gefühle von innerer Stärke und einer tiefen Verbundenheit wachsen können.

Aus dem Inhalt:

Die physiologische Basis der Traumaheilung

Grundzüge der polyvagalen Theorie

Detaillierte Beschreibungen systemischer Prozess- und Aufstellungsarbeit

Therapeutische Interventionen in der körperorientierten Traumaarbeit

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