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Healing Trauma Audio Cd Peter

Peter A. Levine, PhD, has spent 45 years studying and treating stress and trauma. He holds a doctorate degree in medical biophysics from the University of California at Berkeley and in psychology from International University. He is the developer of Somatic Experiencing®, a naturalistic approach to healing trauma.

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The path through trauma is one of the most difficult anyone can tread. With The Healing Trauma Summit, you'll find that you don't have to do so alone. Featuring some of the most prominent voices in the field, this audio collection will give you resources and options for the journey out of trauma and toward peace.

Healing Trauma (Audiobook) by Peter A. Levine | Audible.com

The Audio CD of the Healing Trauma: Restoring the Wisdom of Your Body by Peter A. Levine Ph.D. at Barnes & Noble. FREE Shipping on \$35 or more!

Healing Trauma: Restoring the Wisdom of Your Body|Audio CD

Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body - Kindle edition by Peter A. Levine PhD. Religion & Spirituality Kindle eBooks @ Amazon.com.

Healing Trauma: A Pioneering Program for Restoring the ...

~ Peter A. Levine Through guided somatic Experiencing Techniques, Peter A. Levine brings the reader from a place of disconnection and disharmony to a place of accepting an experience occurred and healing the trauma. This is a Twelve-Phase Program with an Integrated CD.

Healing Trauma: Restoring The Wisdom Of... book by Peter A ...

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Peter Levine-Healing Trauma Audiobook

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Sounds True - Healing Trauma

On Healing Trauma, this respected therapist and teacher brings you face to face with his effective new treatment, not a talking cure, but a deep physiological process for releasing your past traumas and instilling a harmonious awareness of your body.

Sounds True - Healing Trauma

Healing Trauma: Restoring the Wisdom of Your Body is a brief introduction to Dr. Peter Levine's research, theory and clinical work in assisting recovery from PTSD symptoms. Somatic Experiencing is the clinical modality based on Dr. Levine's theory and research. Somatic Experiencing differs from conventional talk therapy.

Healing Trauma: Restoring the Wisdom of Your Body by Peter ...

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About the Author. Peter A. Levine holds doctorates in medical biophysics and psychology. The developer of Somatic Experiencing , a body-awareness approach to healing trauma, Peter was a stress consultant for NASA on the development of the space shuttle project. His bestselling Waking the Tiger has been translated into twenty-two languages.

Waking the Tiger: Healing Trauma: Amazon.ca: Peter A ...

Peter A. Levine, PhD, has spent 45 years studying and treating stress and trauma. He holds a doctorate degree in medical biophysics from the University of California at Berkeley and in psychology ...

Peter A. Levine, PhD - The Healing Trauma Online Course Part I

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Healing Trauma by Peter A. Levine (2005, Mixed Media ...

Peter A. Levine, PhD, has spent 45 years studying and treating stress and trauma. He holds a doctorate degree in medical biophysics from the University of California at Berkeley and in psychology from International University. He is the developer of Somatic Experiencing(R), a naturalistic approach to healing trauma.

Healing Trauma: A Pioneering Program for Restoring the ...

Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body (Hardcover) Published March 1st 2006 by Sounds True, Incorporated Hardcover, 91 pages

Editions of Healing Trauma: Restoring the Wisdom of Your ...

Peter Levine is widely acknowledged as the originator of SE (Somatic Experiencing) with 12,000 plus trained practitioners world wide. Waking the Tiger: Healing Trauma (1997) explores the intricate role of a forceful turbulence inside the body - similar to a tornado (see later) - that manifests under 'real' life-threatening experiences of shock; and what can happen in the "difference ...

Waking the Tiger: Healing Trauma (Audio Download): Peter A ...

Peter A. Levine, Ph.D., holds doctorates in both medical biophysics and psychology. The developer of Somatic Experiencing®, a body-awareness approach to healing trauma, and founder of the Somatic Experiencing Trauma Institute, which conducts trainings in this work throughout the world and in various indigenous cultures, with 26 faculty members and over five thousand students.

Product Detail - PESI

So, too, Peter Levine states, can humans learn to release long-held and/or current trauma without return. The book is well-written, peppered with healing stories, and details step-by-step instructions on how to listen to the wisdom of the body to release trauma and heal.

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