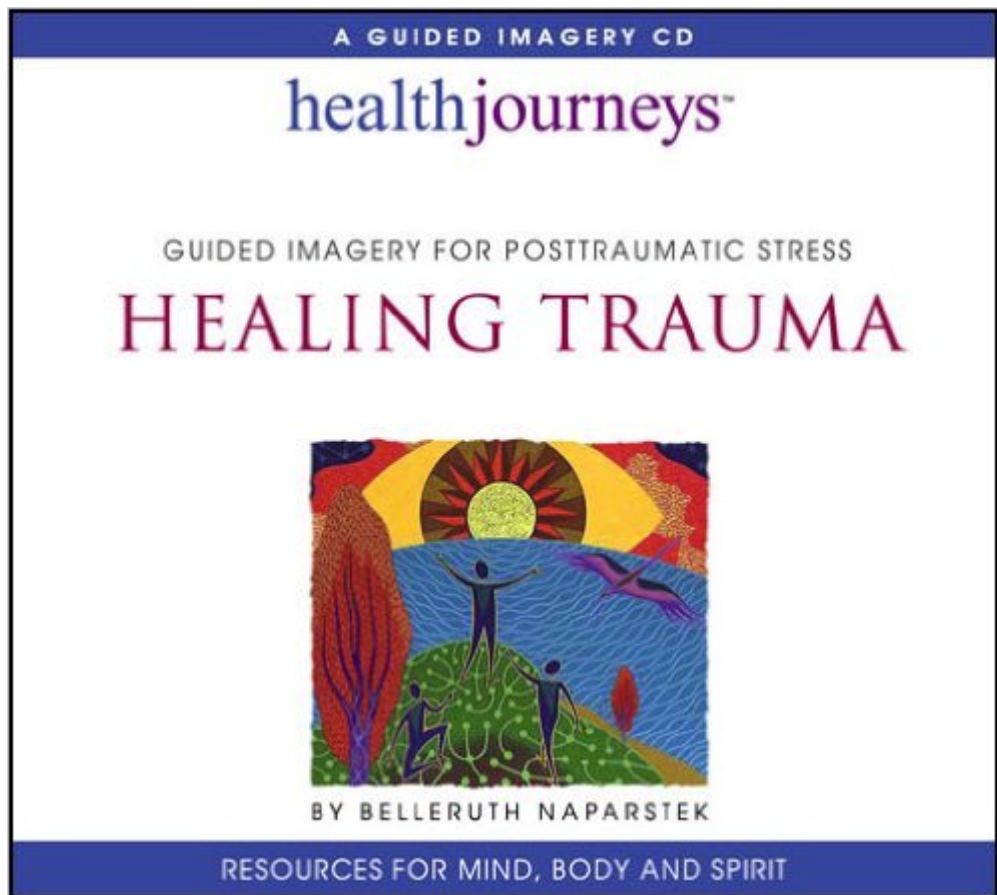


The book was found

# Healing Trauma: Guided Imagery For Posttraumatic Stress (Health Journeys)



## Synopsis

The transformative narrative on this powerful guided meditation CD for PTSD goes deep into the psyche, countering ugly flashbacks and nightmares with positive images and healing tools. Additional self-calming segments show how to reduce intense spikes of anger or anxiety, and can even be used as a hypnotic, self-soothing treatment for panic attacks. Other elements in this program shift the tendency toward avoidance, numbness and isolation and increase self-esteem, confidence, hope and sense of inner goodness. Created by foremost psychotherapist, guided imagery pioneer and trauma specialist Belleruth Naparstek for Health Journeys, and scored to the exquisite music of Steven Mark Kohn, this guided meditation was proven effective in several US Army and V.A. studies with sufferers of persistent sexual and combat trauma who were in need of effective PTSD treatment and healing. This PTSD meditation is also recommended for survivors of childhood abuse, motor vehicle accidents, criminal assault, domestic violence, natural disasters, ICU stays and traumatic hospital experiences. A separate track of affirmations bolsters the PTSD treatment process with quick, positive reminders in a briefer format, which can be heard and enjoyed while engaged in other activities, including driving. For use as an empowering addition to standard treatment for PTSD, or as a stand-alone aid to wellness, this meditation CD for PTSD treatment is recommended and distributed by the U.S. Veterans Administration, Kaiser Permanente, The Red Cross, the U.S. Army and hundreds of hospitals and treatment centers nationwide. (Run Time: 60 minutes)

## Book Information

Series: Health Journeys

Audio CD

Publisher: Health Journeys; Abridged edition (June 1, 1999)

Language: English

ISBN-10: 1881405230

ISBN-13: 978-1881405238

Product Dimensions: 0.5 x 5.5 x 5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (75 customer reviews)

Best Sellers Rank: #44,576 in Books (See Top 100 in Books) #14 in Â Books > Books on CD > Health, Mind & Body > General #15 in Â Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #16 in Â Books > Books on CD > Health, Mind & Body > Meditation

## Customer Reviews

I first heard this CD at a workshop on weight management. The leader of the group played it without much preface, so I didn't know what to expect. The music is completely mesmerizing and so right for the healing of a broken heart. I actually had a physical sensation of constriction dropping away from around my heart, and tears came to my eyes. I've never had a guided meditation CD with such a powerful impact. I highly recommend it to anybody seeking to strengthen their connection to their heart energy. I've tried her other CDs, but this is by far the best. Also would make a great present for somebody healing from heart trauma of any kind (surgery, broken relationship or other disappointments).

Belleruth's Healing Trauma tape shows incredible respect for the listener. With a soothing musical score in the background, she first coaches the listener through some breathing exercises, walks the listener through an inventory of how the listener is feeling, and then ever so gently invites the listener to explore the terrain of one's heart. The language is exquisite, the descriptions graphic, the journey incredible; she does all this without reflecting for even one moment on the specific trauma the listener experienced. In reflecting on the tape after listening to it, I was amazed by her ability to identify and evoke the emotions of trauma that likely exist for most everyone who has experienced post-traumatic stress. For me, the gift of this tape -- and perhaps guided imagery in general -- is its ability to reach beneath the intellect to allow the emotional self the release it needs. I can see where use of this tape too close to the time a traumatic event occurs might not be helpful, as the experience will be raw and the listener might not be able to let go and simply concentrate on the imagery. But, at the point in time when the listener is ready, the power of this tape may transform the listener's life. Although a listener may feel momentarily drained if the tape leads to a considerable release of emotions, the tape isn't work in a way that leaves the listener uncomfortable; instead, the listener feels whole, and the affirmations on the last half of the tape bring this point home. One small point; when I first listened to the tape, I found Belleruth's voice a bit rough. I mention this in case you have a similar reaction; after listening to the tape a few times, I was familiar with Belleruth's distinct voice and found it calming.

I have purchased several of Belleruth Naparstek's guided imagery series and found them all to be very effective, but this particular one really blew me away. There are similar threads that run through most of the previous ones I've listened to, and some of these are repeated here, but this imagery took me on a wonderful journey through my emotions and released pain and healed trauma I didn't

even realize I was holding onto. The music is perfect for this journey, the imagery is very powerful and moving, and I highly recommend this experience for anyone with emotional scars from the past...even if you don't think PTSD affects you. I wasn't sure whether it was appropriate for me before I listened to it, but it turned out to be a perfect way to heal some of the traumas I've been through in my life. I find myself really looking forward to listening to it every night, and gain new insights each time.

I had searched and purchased several guided imagery tapes or CD's to help heal my past traumas and diagnosed PTSD. None of them touched me as much as Belleruth Naparstek's cd, 'Healing Trauma.' Belleruth takes you through your traumas using imagery. Using your imagination, you are accompanied by a comforting force as you look at the devastation, but also in looking, you are healing. Her voice comforts and gives a feeling of safety. The music score is perfectly designed for each one of her CD's and is designed especially for the topic of the Cd. In looking at the results of your traumas (graphically), you also find small parts of yourself that still shine with beauty. And each time you listen to her tapes or Cd's, you see more and more of the parts of you that survived your traumas and you feel stronger, mentally healthier and more peace within. I can't say enough about how her work has helped heal me. She is truly talented and caring. You will not be disappointed with this Cd.

I'm a therapist and a PTSD survivor. I just received the CD last night and heard it before bed and again this morning. I was not prepared for the profound and immediate effect this CD had on me, it is really the best I have ever heard. I feel calmer and less frantic today. I feel more willing to respect my pain so I can heal and release it. I know I can take care of myself and relax into my healing. I am deeply grateful for Belleruth's work and I feel hopeful that I will recover and thrive. Thank you!

This audio journey is delightful. I own several of her tapes and so was hopeful this would be new and different. My hopes were honored! At first listening, I was amazed, pleased, and impressed that the imagery was innovative, different from her other work, and even fun. Importantly, it provides a safe place for paced exploration. I was left wanting to go back again. I was also left with a sense of being reintroduced to myself - and remembering the strong and great ME that still exists, even after troubles. This is a hopeful audio tape that I have recommended to my clients. I work as a psychotherapist. Go ahead, treat yourself; you will move toward hope and healing.

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