



BRAINSPOTTING (Spanish Edition)

DAVID GRAND

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El doctor Grand nos relata el descubrimiento clave que le permitió desarrollar este revolucionario método terapéutico: el punto donde miramos revela una información crucial sobre lo que sucede en nuestro cerebro. En este libro el doctor Grand nos expone: La historia del Brainspotting. Su evolución a partir del EMDR como técnica más versátil para la terapia con base neurobiológica; Casos clínicos y pruebas de la eficacia del Brains-potting; Nociones generales de los distintos aspectos del Brainspotting y de cómo usarlos; Su idoneidad para tratar el estrés postraumático, la ansiedad, la depresión, las adicciones, el dolor físico, las enfermedades crónicas y muchas otras afecciones. El Brainspotting nos permite aprovechar la capacidad natural de autoescanearse que tiene el cerebro para activar, localizar y procesar las causas originales del trauma y el malestar corporal. Se trata de una herramienta valiosísima que puede potenciar y agilizar prácticamente cualquier método terapéutico, así como acelerar de un modo considerable la curación.

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