Body-Mind Psychotherapy: Principles, Techniques, and Practical Applications by Susan Aposhyan

An alternative therapy bringing both emotional and physical processes into the therapeutic process. Body-Mind psychotherapy takes the basic tools of mind-body integration (such as body awareness, breath, touch, and movement) and joins them with an awareness of emotional development. The key techniques of this somatic approach are presented. Any therapist interested in alternative methods of practice will benefit from the skills and techniques presented here.

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My Personal Review:
I have read this book several times now and use this work in my clinical practice. The theory and practice are both easy to understand and practical to use. This work has positively impacted how I understand and work with my patients and how I work with myself as a therapist. This is a must have book for all therapist. Clinically sound, relevant, and worth the investment.

Lori L. Yates, LICSW

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