

# Catharsis In Regression Hypnotherapy Transcripts Of Transformation

Hypnotherapy and regression in particular can be a safe way of purging repressed emotions.

Satu hal yang sangat saya sayangkan dari E.R.A.S.E adalah mengapa teknik luar biasa ini baru muncul sekarang. Bisa dibayangkan bila E.R.A.S.E telah tercipta dan diajarkan sejak sepuluh tahun lalu, berapa banyak orang yang bisa terbantu dan sembuh dari masa lah mereka yang berhubungan dengan perilaku dan emosi. —Dr. Adi W. Gunawan, CCH. Indonesia's Leading Expert in Mind Technology Amazing! Setelah membaca buku E.R.A.S.E Therapy®, saya berdecak kagum untuk rekan Adi Susanto dan Anthony Steven Hambali. Maukah Anda membereskan dan mengambil kendali atas masa lalu Anda yang saat ini masih terus menyiksa Anda? Baca dan pelajarilah buku ini! Two thumbs up! —Anthony Dio Martin, Best EQ Trainer Indonesia Dalam hidupnya, manusia tak pernah lepas dari masalah dan tidak boleh terus-menerus bergantung kepada orang lain. Buku swaterapi yang meng-E.R.A.S.E masalah adalah solusi yang dibutuhkan! —Handoko Wignjowargo, Managing Partner MAESTRO Belajar E.R.A.S.E bagi saya seperti satu hari yang berharga untuk selamanya. —Ayoe Sutomo, Psikolog, Peserta E.R.A.S.E Batch 4, Jakarta E.R.A.S.E merupakan pelatihan self-healing dengan after sales terbaik yang pernah saya ikuti. Bahkan setelah pelatihan, peserta masih bisa berinteraksi

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langsung dengan para trainer untuk bertanya hal-hal yang masih belum dipahami dan tetap dibimbing. —Diana Xu, Peserta E.R.A.S.E Batch 30, Jakarta Hanya dalam empat bulan, banyak sekali hal yang berubah tanpa kami sangka. Mulai dari mimpi buruk setiap malam yang berubah menjadi mimpi bahagia, sakit punggung yang menghilang secara ajaib, ditambah dengan banyak rezeki yang menghampiri kami. Terima kasih E.R.A.S.E. —Anton & Jovita, Peserta E.R.A.S.E Batch 28, Medan  
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Hypnotic Regression Therapy, or HRT, is a type of hypnotherapy in which, following the induction of a good trance state, specialized suggestions are given to guide the client in reviewing and emotionally reframing earlier experiences that have either caused or contributed to the client's current symptoms. HRT is considered one of the most valuable hypnotherapy techniques available today, yet it remains controversial, partly due to inadequate training of psychotherapists and hypnotherapists which has contributed to numerous cases of false memory syndrome.

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Anda pasti pernah sakit. Beberapa dari Anda, atau bisa jadi keluarga, sahabat, atau kenalan Anda bahkan mungkin pernah mengalami sakit berkepanjangan, dan tidak pernah tahu apa penyebabnya. Pemeriksaan medis pun ternyata tidak membuahkan kepastian, karena setiap dokter yang dikunjungi memberi diagnosis yang berbeda. Tetapi anehnya, hasil laboratorium memperlihatkan bahwa semua organ tubuh

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Anda normal, tidak ada gangguan. Bila itu terjadi, kita perlu ingat bahwa manusia adalah makhluk yang sangat kompleks— tidak hanya terdiri atas aspek fisik, tetapi juga pikiran, emosi, dan kesadaran. Jadi, ketika secara fisik semuanya baik dan normal, kita perlu memeriksa aspek nonfisiknya. Untuk itulah, kita perlu mengerti cara kerja pikiran, sifat pikiran, hukum pikiran, khususnya pikiran bawah sadar, pengaruh emosi terhadap tubuh fisik, dan teknik terapi yang sesuai. Di dalam buku ini Anda akan menemukan: (1) ulasan mendalam tentang pikiran dan emosi, dan (2) bagaimana proses terjadinya suatu penyakit fisik akibat faktor psikis atau stres, berikut dengan (3) berbagai pengalaman penulis menangani lebih dari 20 kasus yang sangat menarik. Hasil riset yang dilakukan tim Advanced Research and Development di Adi W. Gunawan Institute of Mind Technology menemukan ada lima belas faktor yang mengakibatkan penyakit psikosomatik, dan cara penanganannya.

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For the past thirty-five years, Dr. Barbara Pomar has guided her clients on journeys into their past lives. "Confessions of a Regressionist" presents both her personal account of her work with clients working to reverse past decisions to change the present and future and the theories behind the practice. For some, the very existence of past lives, let alone the ability to reconnect with them, is a point of spirited debate. Even so, Dr. Pomar has helped many to come to their own conclusions about the validity of this technique. Now, she guides readers on using her techniques to live more fully or mold their destinies. She also discusses theories on why and how past-life regression is possible. If you've ever struggled with how the possibility of past-life regression fits within your faith, Dr. Pomar offers advice on how to evaluate your conflict. If you are a regressionist, Dr. Pomar's work can help you realize that by helping your client, you also help past and future generations as well. If you've ever considered meeting with a regressionist, Dr. Pomar explains how this sort of experience can help you live more fully in the present, with joy, confidence, and prosperity-by releasing or neutralizing memories of harmful events. Existential philosophy provides a useful theoretical foundation for successful hypnotherapy because it stresses the importance of the client's experience over any



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preconceived notions or diagnoses. By using the client's reality as the basis of clinical work, the therapist can help the client break self-destructive habits and maintain healthy patterns of behavior without relying solely on behavioral techniques. Presenting an innovative approach to psychotherapy that is firmly rooted in philosophy, Existential Hypnotherapy bridges the gap between technique and theory. Addressing theoretical themes, the book's initial chapters discuss significant issues for psychotherapy in general, and hypnotherapy in particular, with special attention paid to the nature of diagnosis and concepts of addiction. Chapters introduce the reader to the work of various existential philosophers, including Kierkegaard, Nietzsche, and Sartre. Bound to stir controversy, the authors persuasively argue that hypnosis should not be considered a "state" or "altered consciousness," and that there is no such thing as self-hypnosis. Instead, they demonstrate that all clinical hypnosis belongs to the therapist-patient dialogue. The book then focuses on specific hypnotherapy techniques that may be linked to desired therapeutic outcomes. These strategies include ways to help patients manage anxiety, and empower them to make needed life changes; methods for illuminating the existential meaning of symptoms to help patients break bad habits; and the utilization of patients' metaphors in treatment. Also discussed is the inadequacy of measurement scales that are supposed to determine a patient's ability to be hypnotized. Unique and thought-provoking, Existential Hypnotherapy is an important guide for any practitioner in the mental health field who uses clinical

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hypnosis as a tool, regardless of his or her training or orientation. Providing an accessible review of the basic principles of existential thought, it is also useful for instructors and students using philosophy to ground their psychological work.

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