



Energetic Approaches to Emotional Healing (Nurse As Healer Series)

Dorothea Hover-Kramer, Karilee Halo Shames

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Written by two nurses who are also well established psychotherapists and teachers of energy healing principles, the work applies energetic concepts to relationships, family life, and bonding. In addition to describing current understandings of the human energy system, the book cites methods of assessment, identifies steps of a transformational healing process, and emphasizes self-care for the practitioner and client. It further identifies specific approaches to working with clients suffering from grief, depression, trauma, abuse, and serious, long term illness. Exercises, intervention, and imagery are presented throughout along with fascinating case examples.

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