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Grendel and His Mother: Healing the Traumas of Childhood Through Dreams, Imagery and Hypnosis (Imagery and Human Development Series)

Nicholas E. Brink

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One cause of the behavioral, emotional and mental torment in a person's life is the psychological trauma that results from the actions and words of parents and others. This volume, "Grendel and His Mother: Healing the Traumas of Childhood Through Dreams, Imagery and Hypnosis" by Nicholas E. Brink examines the effect of such trauma on a child's development and how the resulting torment eventually brings this child as an adult to psychotherapy. This trauma may be as subtle as a parental sigh of disappointment or as direct as physical or sexual abuse. Six clients are then led on a journeying through the unconscious mind using dream work, hypnosis and imagery in the course of therapy to uncover and heal these traumas to free the client of torment.

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