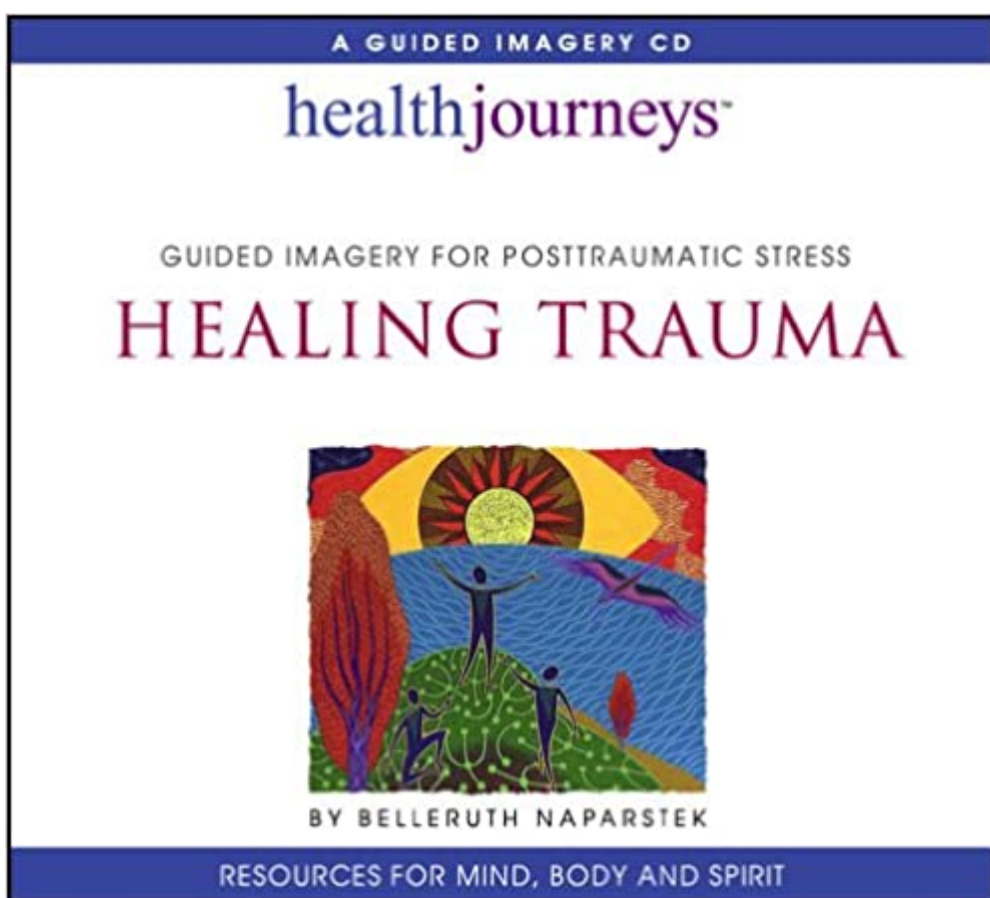


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# Healing Trauma: Guided Imagery For Posttraumatic Stress (Health Journeys)



## Synopsis

The transformative narrative on this powerful guided meditation CD for PTSD goes deep into the psyche, countering ugly flashbacks and nightmares with positive images and healing tools. Additional self-calming segments show how to reduce intense spikes of anger or anxiety, and can even be used as a hypnotic, self-soothing treatment for panic attacks. Other elements in this program shift the tendency toward avoidance, numbness and isolation and increase self-esteem, confidence, hope and sense of inner goodness. Created by foremost psychotherapist, guided imagery pioneer and trauma specialist Belleruth Naparstek for Health Journeys, and scored to the exquisite music of Steven Mark Kohn, this guided meditation was proven effective in several US Army and V.A. studies with sufferers of persistent sexual and combat trauma who were in need of effective PTSD treatment and healing. This PTSD meditation is also recommended for survivors of childhood abuse, motor vehicle accidents, criminal assault, domestic violence, natural disasters, ICU stays and traumatic hospital experiences. A separate track of affirmations bolsters the PTSD treatment process with quick, positive reminders in a briefer format, which can be heard and enjoyed while engaged in other activities, including driving. For use as an empowering addition to standard treatment for PTSD, or as a stand-alone aid to wellness, this meditation CD for PTSD treatment is recommended and distributed by the U.S. Veterans Administration, Kaiser Permanente, The Red Cross, the U.S. Army and hundreds of hospitals and treatment centers nationwide. (Run Time: 60 minutes)

## Book Information

Series: Health Journeys

Audio CD

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Language: English

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Product Dimensions: 0.5 x 5.5 x 5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 82 customer reviews

Best Sellers Rank: #82,537 in Books (See Top 100 in Books) #19 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #23 in Books > Books on CD > Health, Mind & Body > General #24 in Books > Books on CD > Health, Mind & Body > Meditation

## Customer Reviews

I've listened to Belleruth's PTSD guided imagery and affirmation almost the entire duration of my 4 1/2 years of therapy to help me overcome the effects of childhood sexual abuse. My therapist recommended this audio CD to me and I cannot tell you how incredibly helpful it is. I found it an indispensable part of my therapy and a VERY wonderful and powerful tool. Considering the cost of therapy against the cost of this MP3, it's ridiculously affordable. Thank you Belleruth for your voice and your healing words it is one of the truest and steadfast friends I've ever met. Friends for life, in fact. (Reprint from Health Journeys website April, 2012) --Eugene Thank you so much for this CD. The guided imagery was a companion to me through the awakening memories of long-suppressed trauma, and helped me to gradually and safely bring things that I had forgotten up to where they could be processed and dealt with. The affirmations continue to be a source of great strength for me ... in some of my lowest moments, I have heard your voice saying "I know that I am held in the hands of God and I am perfectly, utterly safe." At this, I cannot help but smile, even through my tears, as I know that it is true. Thank you for helping bring such healing to my world. (Reprinted from Health Journeys website October 2011) --Lonnal was cut off from my friends and family and subjected to years of mental, sexual, psychological and physical abuse, imprisonment and torture by a monster who played the part of an upstanding member of society in public. It took me a few tries to even get past the first minute or so--I felt like I didn't want ANYONE telling me what to do, think, or feel, since that's what had happened to me in the situation I'd been in. But once I relaxed and trusted Belleruth's CD enough to listen to the whole thing, the results were -- and continue to be -- profoundly healing and life-changing. I can't recommend this highly enough. Thank you from the bottom of my heart, Belleruth. (Reprinted from Health Journeys website May 2011) --Lotus

Belleruth Naparstek, LISW, BCD Psychotherapist, author and guided imagery pioneer Belleruth Naparstek is the creator of the popular Health Journeys guided imagery audio series. Her first book, *Staying Well with Guided Imagery* (Warner) is a widely used primer on imagery and healing. Her second book, *Your Sixth Sense* (Harper Collins) has been translated into 9 languages and called one of the most thoughtful and sophisticated looks at imagery and intuition. Her latest book on imagery and posttraumatic stress, *Invisible Heroes: Survivors of Trauma and How They Heal* (Bantam Dell), won the Spirituality & Health Top 50 Books Award. Highlighted in the 20th anniversary edition of their seminal book, *Courage to Heal*, Ellen Bass and Laura Davis call *Invisible Heroes*, the most useful book for trauma survivors to be published in the last decade. As *Prevention Magazine* noted, she has been quietly creating an underground revolution among

mainstream health and mental health bureaucracies, by persuading major institutions such as the U.S. Veterans Administration, the U.S. Dept of Defense, Kaiser Permanente, Blue Shield of California, United Health Care, Oxford Health Plan, scores of pharmas and nearly 2000 hospitals and recovery centers to distribute her guided imagery recordings, in many instances free of charge to recipients. Recently she has been developing military-friendly resources with the help of the U.S. Army and the Ft. Sill Resiliency Center, and DCoE (Defense Centers of Excellence) has declared guided imagery one of their Twelve Promising Practices. Her audio programs have been involved in over two dozen clinical trials, with nearly a dozen studies completed to date. Efficacy has been established for several psychological and medical challenges, most recently for military sexual trauma and combat stress at Duke University Medical Center/Durham Veterans Administration Hospital. Naparstek received both undergraduate and graduate degrees from the University of Chicago. She maintained her psychotherapy practice for over 30 years and for several years taught graduate students at The Mandel School of Applied Social Sciences, Case Western Reserve University. Earlier in her career, she supervised psychiatry residents at Cambridge Hospital/Harvard Medical School and was Chief of Consultation & Education at the Woodburn Center for Community Mental Health in Fairfax County, VA. She also did a brief stint as a musical comedy actress at Second City and The Tip Top Tap of the Allerton Hotel in Chicago, and says that her musical comedy skills sometimes come in handy for teaching.

After a lifetime of dealing with a genetic disease that killed half my family, I didn't think any kind of meditation could make any difference at all. I had come to a point of being so depressed and angry and feeling that life is so unfair and hopeless for some people. I grew up in fundamentalist churches in the Deep South where I was taught that my ancestors had sinned against God, and God put a curse on my family, and we would all keep dying until God was over his anger. I can't even begin to express what kind of damage this does to a child already struggling with overwhelming circumstances in a family. Although I grew up and realized eventually that it was nonsense, I think that kind of teaching takes hold in the subconscious and is very hard to really overcome. I went to bed and started listening to this CD--expecting nothing really, and I don't think I even made it into a full minute before I could feel tears squeezing out & rolling down my face, and before long I was just crying. It happens everytime I listen, but I feel lighter afterwards and not so weighed down with pain. I also don't feel so tired. I love her voice---very calm & soothing. I'm planning to get all of her meditation CD's.

Know anyone struggling with this mental health disorder, survivors of sexual, physical, mental and or any forms of abuse can benefit from this CD. I always say its good to know and learn about your mental illness...and have mastery from knowledge and learn how to cope, and manage your illness so it so much doesn't control your entire life....You can have mental illness and a great life....

I gave this to a woman in her 20's who was sexually assaulted at the age of 14. She listens to the message at night before she goes to sleep to help her get to sleep

I purchased this CD as part of my attempt to deal with long standing case of PTSD. I've dealt with this in the past, both with counseling and trauma education and am not often bothered by the symptoms; however, recently, a series of events triggered reactions. Along with some journaling, I've found this CD to be a very powerful healing tool. The imagery is "adjustable" to fit what I need on a particular day and the music and breathing are so relaxing that it has enhanced my sleep. I have used other guided imagery CDs from Ms Naperstek and I have liked them, but this is the best one I've tried.

I am so skeptical of these things but when my practitioner suggested this cd I thought I would go ahead and take it for a spin. After I listened to it for the first time I thought I had been listening for about 15 minutes, but it was closer to 40. The imagery is helpful and not scary or threatening. It gave me some really useful tools to take with me through the day and consequently my stress triggers have been greatly reduced. I really recommend it. Not just for PTSD, either.. it's just good imagery/meditation...

My therapist recommended this to me. We have used it several times in our sessions. It's very helpful, and Belleruth has a very soothing voice.

Great DVD! Repeating, use every night. Baby steps, but in the right direction!

have been using this for years.Belleruth is the best

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