



The Dreambody Toolkit: A Practical Introduction to the Philosophy, Goals, and Practice of Process-Oriented Psychology

Joseph Goodbread

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This introduction to the theory and practice of process-oriented psychology explores this philosophy and places it in the context of other experientially-based therapies. An annotated transcript of an hour-long therapy session and a detailed exposition of the elementary methods of process-oriented psychology give this text a multifaceted view of this new theory.

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