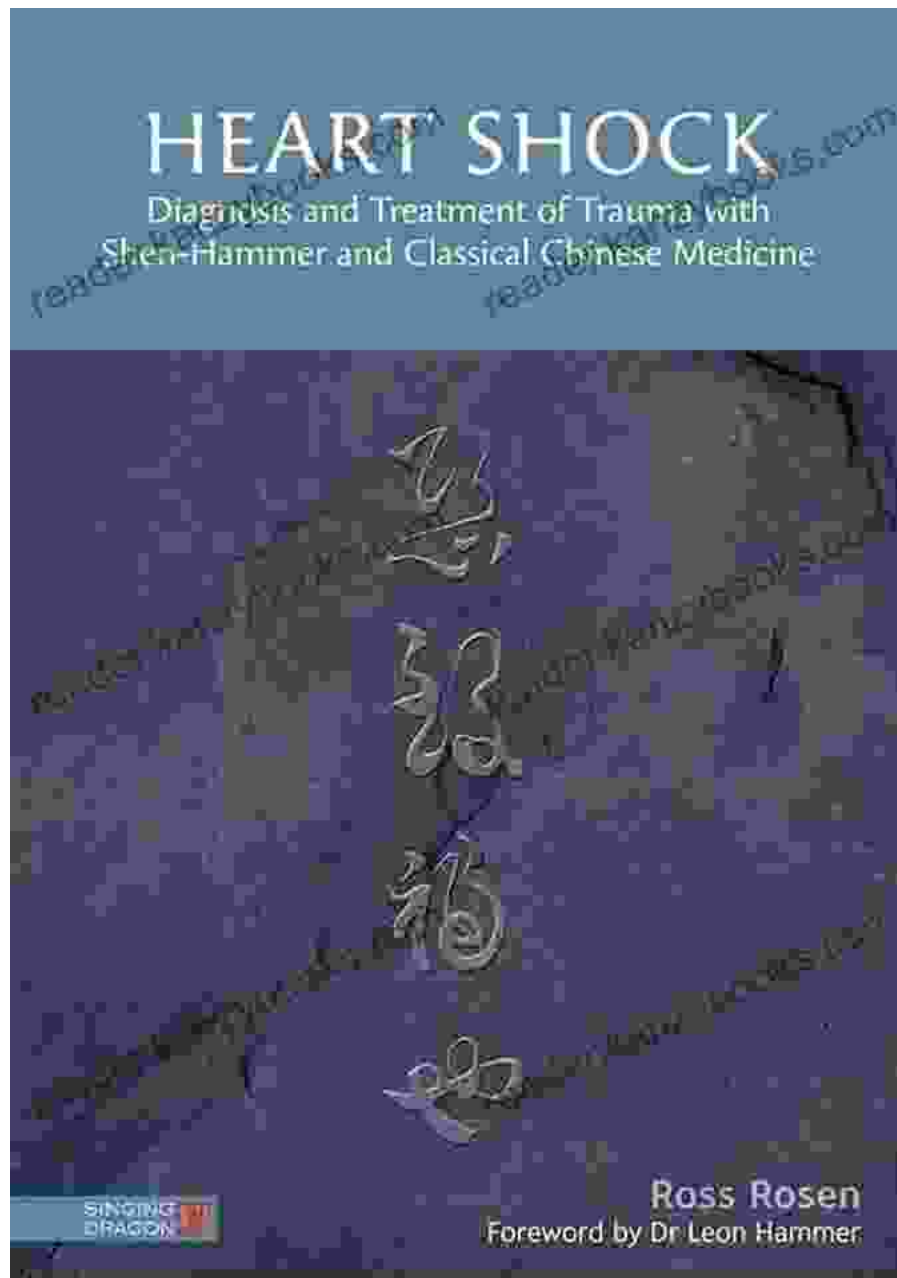


Unlocking the Secrets to Healing Trauma: A Comprehensive Guide to Diagnosis and Treatment with Shen Hammer and Classical Chinese



Trauma is a debilitating condition that can leave lasting scars on our physical, mental, and emotional well-being. Conventional approaches to treating trauma often fall short, leaving many sufferers feeling hopeless and alone. But there is hope. In "Diagnosis and Treatment of Trauma with Shen Hammer and Classical Chinese," renowned trauma expert Dr. Shen Hammer presents a comprehensive and innovative approach to healing trauma, drawing on the ancient wisdom of Classical Chinese medicine.



Heart Shock: Diagnosis and Treatment of Trauma with Shen-Hammer and Classical Chinese Medicine

by Ross Rosen

★★★★☆ 4.8 out of 5

Language : English

File size : 3430 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 474 pages



What is Shen Hammer Therapy?

Shen Hammer Therapy (SHT) is a unique approach to trauma healing that integrates Western psychotherapy with the principles of Classical Chinese medicine. This holistic approach recognizes that trauma is not just a psychological issue but also a physical and energetic imbalance within the body.

SHT utilizes a range of techniques, including:

- **Energy Acupuncture:** This technique uses acupuncture points to balance the body's energy flow and promote healing.
- **Trauma Release Exercises:** These gentle exercises help to release stored trauma from the body and nervous system.
- **Shen Hammer Tapping:** A non-invasive technique that uses gentle tapping to stimulate specific energy points on the body.
- **Classical Chinese Herbal Medicine:** Herbs are prescribed to support the body's natural healing processes and address specific symptoms.

The Benefits of Shen Hammer Therapy for Trauma

SHT has been shown to be effective in treating a wide range of trauma-related symptoms, including:

- Anxiety and depression
- Chronic pain and fatigue
- Relationship difficulties
- Addiction
- Eating disorders
- Post-traumatic stress disorder (PTSD)

Unlike conventional approaches, SHT focuses on addressing the underlying causes of trauma rather than simply treating its symptoms. By balancing the body's energy and releasing stored trauma, SHT helps individuals to heal at a deeper level, leading to lasting improvements in their overall health and well-being.

Classical Chinese Medicine and Trauma

Classical Chinese medicine views trauma as a disruption of the body's natural flow of qi (vital energy). This imbalance can lead to a variety of physical, mental, and emotional symptoms. By using acupuncture, herbal medicine, and other techniques, Classical Chinese medicine practitioners aim to restore the balance of qi and promote healing.

In "Diagnosis and Treatment of Trauma with Shen Hammer and Classical Chinese," Dr. Hammer provides a comprehensive overview of the principles of Classical Chinese medicine as they relate to trauma. He explains how the body's energy system works and how trauma can disrupt this delicate balance.

Case Studies and Clinical Research

The book includes numerous case studies and clinical research findings that support the effectiveness of SHT for trauma. These case studies demonstrate how SHT has helped individuals to overcome a wide range of trauma-related challenges.

Empowering You with Knowledge and Tools

"Diagnosis and Treatment of Trauma with Shen Hammer and Classical Chinese" is not just a book about theory; it is a practical guide that empowers you with the knowledge and tools to heal your own trauma. Dr. Hammer provides step-by-step instructions for performing the various SHT techniques and offers valuable advice on how to integrate these techniques into your daily life.

This book is a must-read for:

- Trauma survivors seeking a holistic and effective approach to healing
- Healthcare professionals looking to expand their understanding of trauma treatment
- Anyone interested in the principles of Classical Chinese medicine and its application to trauma

"Diagnosis and Treatment of Trauma with Shen Hammer and Classical Chinese" is a groundbreaking work that offers a comprehensive and practical approach to healing trauma. By integrating the ancient wisdom of Classical Chinese medicine with modern psychotherapy techniques, Dr. Shen Hammer has created a powerful and effective treatment model that can help individuals to reclaim their lives from the devastating effects of trauma.

If you are ready to embark on your own journey of healing, "Diagnosis and Treatment of Trauma with Shen Hammer and Classical Chinese" is the essential guide you need to empower yourself and transform your life.



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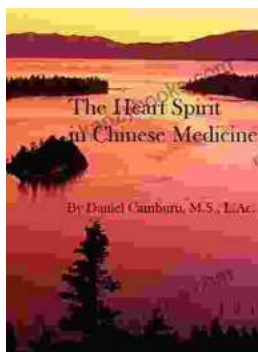
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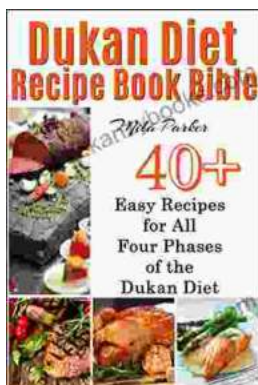
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