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**Don't live your life regretting
yesterday. Live your life so tomorrow
you won't regret today.**

~ Catherine Pulsifer

With Regret

R Sandford



With Regret:

Hypnotherapy with Regrets and Associated Emotions Jacki Pritchard, 2024-08-08 This book helps hypnotherapists to focus on the subject of regrets and associated emotions when working with clients Promoting the concept of the road of regrets this book presents a five stage process for the hypnotherapist to work through with clients adults and children aged 5 The process involves identifying and acknowledging regrets working through the regrets and associated emotions taking any necessary action before releasing the regrets and emotions and finally moving on to plan for the future The book contains over 60 customisable scripts guidance notes and appendices to promote ideas for practice The scripts offer a variety of methodology to choose from regression including past lives metaphors Ericksonian benefits approach Gestalt therapy and solution focused The appendices include practical resources such as questionnaires checklists summaries forms and worksheets for exercises which the hypnotherapist can utilise in sessions individual or group This practical volume will be of use to student hypnotherapists trainers and training schools supervisors newly qualified and experienced hypnotherapists Although the main focus of the book is regrets and associated emotions the book can be used for an abundance of other concerns e g lack of confidence or self esteem fears anxiety and panic attacks

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