



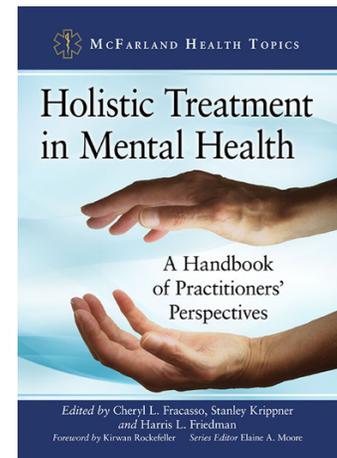
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Book reviews

Holistic Treatment in Mental Health
 Edited by Cheryl L. Fracasso, Stanley Krippner
 and Harris L. Friedman

Reviewed by John Freedom, , CEHP



I'm happy to announce the publication of a new book, "Holistic Treatment in Mental Health (HTMH)." When we think of Holistic Health we generally think of CAM and alternative therapies, such as acupuncture, massage therapies, herbs and supplements etc. These, of course, are physical approaches for keeping our bodies well. But our bodies and minds - our bodies, minds and spirits - are deeply intertwined and inter-connected. What about holistic treatments for psychological conditions? There have been very few books reviewing integrative treatments for mental health. This comprehensive volume begins to fill this gap.

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Why holistic treatment??

The editors of HTMH, Cheryl L. Fracasso, Stanley Krippner and Harris L. Friedman are award-winning psychologists and authors with many years in the field. They write, "A whole person approach to health represents a paradigm shift from an illness, symptom-reduction, medical model to a growth, meaning-enhancing, integrative model. This approach incorporates intention, awareness and mindfulness as the mediating variables between cognition and behavior." As Kirwan Rockefeller notes in his introduction, *holistic approaches fulfill "...the need to paint, dance, sing, tell our stories, share with community, be in nature, while allowing our hearts and spirits to marvel at the mysteries of Life....."*

HTMH is divided into four parts. Part One, "Psychotherapeutic Interventions" includes chapters on REBT, Philip Zimbardo's Time Perspective Therapy, and a chapter on Transpersonal Psychotherapies. The chapter on REBT (Rational Emotive Behavior Therapy), subtitled "Honoring the Work of Albert Ellis," written by his wife and co-author Debbie Joffe Ellis, is a beautiful tribute to the life and work of this important pioneer. Part Two, "Creative and

Expressive Arts Interventions,” includes chapters on Dance/Movement as Embodied Expression in Healing, Growth and Therapy, and on Drama Therapy, Music Therapy and Art Therapy. Part Three is by far the largest section, and is devoted to “Mind/Body and Energy Medicine Interventions,” including chapters on EFT, Holotropic Breathwork, Yoga Nidra, therapeutic Mindfulness and Holistic Coaching. The last section covers “Multicultural and Indigenous Interventions.” Simply listing the titles and brief descriptions of these chapters cannot begin to describe the depth and richness of these approaches.

Each chapter follows a similar format. After describing the technique and its history, the authors discuss the populations and disorders for which it is most effective, and evidence-based research. There is information on training and licensure requirements, as well as links to workshops and further education. Additional training beyond graduate school is needed for specializations such as art, music, dance and drama therapy. Each chapter also contains a step-by-step description of a clinical session, where readers can get a “feeling” for a typical session.

Of interest to readers of this journal will be Peta Stapleton’s excellent review of EFT (Emotional Freedom Techniques,) which is highly footnoted with the growing evidence base for EFT. In numerous studies Stapleton has documented the effectiveness of EFT for treating food cravings and weight maintenance. EFT has become a world-wide phenomenon, with thousands of people tapping on themselves to relieve aches and pains, fears and phobias, anxiety and depression, and cravings and addictions. Also of interest is the chapter on “Body Mind Healing Psychotherapy.” This last is an approach developed by Michael Mayer, which is rooted in Qi Gong, Taoist energy practices, Eugene Gendlin’s Focusing and Energy Psychology. As a transpersonal psychotherapy BMHP uses a panoply of tools from the mandala of ancient wisdom traditions, including sound, touch, breath, mindfulness and symbolism.

Everyone is familiar with massage, but not everyone is aware of the use of massage therapy and other forms of bodywork as adjunct treatments for mental health issues. Numerous research studies have documented the effectiveness of massage therapy in lowering levels of stress, anxiety and depression, in only a few sessions. Many folks, particularly therapy clients, are touch-deprived; and simple touching is a powerful vehicle for emotional self-regulation. Touch, going back to the biblical practice of “laying on of hands,” is THE original method of healing, and is notably missing in most form of (talk) psychotherapies.

Other fascinating sections include chapters on “Medicinal Drumming” and “Practicing the Medicine Wheel” by two Native American healers; and a chapter exploring the Spirituality of Sacred Spaces, at the Grand Canyon and other natural settings.

There is much, much more here than I can begin to describe in a brief review. HTMH is a fascinating introduction as well as a comprehensive guide to Holistic Mental Health Treatment, and will be well worth perusing by anyone interested in this growing field.

<https://www.barnesandnoble.com/w/holistic-treatment-in-mental-health-cheryl-l-fracasso/1136070127>

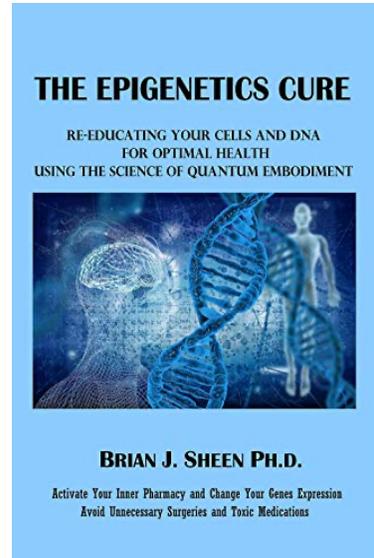
The Epigenetics Cure: Re-educating Your Cells and DNA for Optimal Health Kindle Edition

By Brian J. Sheen Ph.D.

Reviewed by Daniel Benor, MD, ABIHM

Brian Sheen, a psychologist, explains how the expression of our genetic endowments can be influenced by both external, environmental factors or by mental and emotional factors. This enables us to alter our bodies. For the most part, this occurs unconsciously. Our thoughts and feelings, our diets and lifestyles, stresses and traumas can all strengthen or weaken the functions of our bodies.

Epigenetics explores actual changes we can promote in our genes, and not just the expression of our genes that are manifested in our bodies.



The groundbreaking message of epigenetics is that your DNA and chromatin that regulate the expression of your genes can be altered by either external environmental or internal mental and emotional signals... The food you eat, the lifestyle you maintain, the emotional states you experience, the stress and traumas you experience, the quality of the thoughts you think as well as the relationships you maintain, each send signals at different vibrational levels that either support cellular growth and optimal functioning or predispose you and or perpetuate you to illness, dysfunction and disease. (p. 3)

We all carry residues of mental and emotional influences from our life experiences that can enhance or weaken our body functions. Sheen points out that we can affirm "I am NOT my diagnosis! My health challenges are opportunities to learn and grow, and to develop more strength and awareness for the future to do something different!"

Sheen provides guidance for identifying the issues we need to address and identifies clear steps for shifting away from negative states of feeling and being so that we have better and happier lives.

The shifts he guides the reader to take are not just adjustments in what we are thinking and feeling. Epigenetics enables you to enhance the functions of your genes.

Sheen guides the reader through varieties of exercises that promote and create better health. He illustrates ways these have worked for a variety of people he has helped.

My only strong point of disagreement with Sheen is that he sees spirit as an electromagnetic phenomenon. My own perception and experience of spirit is that it connects us with levels of reality that are beyond physical realms.

Sheen's enthusiasm for helping people permeates his book. This book can enhance your journey on your paths to healing, on many levels of your being.

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