



The Healing Timeline: God's Shalom for the Past, Present and Future

M.A. Catherine Thorpe

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Talking about a problem in counseling does not always solve it. THE HEALING TIMELINE, unlike any method before it, 'proves' to the brain that trauma and emotional distress are over. It is an accelerated path to emotional healing. With warmth and clarity, Catherine Thorpe, MA, describes THE HEALING TIMELINE through case examples and specific directions for pastors, counselors and anyone involved in the emotional healing of others. By using systematic repetitions of a timeline, comprised of real memories from a client's life, the distress associated with a memory can be resolved. The lasting outcomes from this method enable clients to think, feel and live differently in significantly less time than talk therapy alone. It is highly effective with children and adults for trauma, sexual abuse and relationship issues. THE HEALING TIMELINE is a simple, yet profound, new contribution to counseling.

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