



Somatic & Energetic Resourcing: Facilitating Clients Living Authentically

Debra A. Littrell

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Is the mental health profession on the right track? Are we asking clients to fit into a box? Are we medicating symptoms that are really signals from our innate Truth pointing to what requires change? Is the US health care system excluding effective methods that can return clients to Authentic Living? What if we helped clients discover who they really are? This book is for practitioners who are truly interested in facilitating their clients to Live Authentically. It will challenge you to do the same. Your embodiment of the spirit of the work will open up a whole new way for facilitating change. Somatic & Energetic Resourcing provides a wealth of tools for practitioners to use for themselves, and with clients, to discover Truth and build core stability. These tools begin a journey of discovery-the difference between ego/personality/false selves, and your Authentic Selves. They offer a way to assess and prepare your clients for trauma resolution work. They strengthen your relationship, create a more stable core sense of self, and provide your client tools for handling strong emotions that often emerge when using EMDR and other trauma resolution therapies. I invite you to step out of the box, and be the model of Living Authentically™.

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