

DANZIG Counseling Services – Alternative Therapies

What is “Deep Memory Processing” regression therapy?

Deep memory processing is a type of regression therapy. Regression is the experience of going back to an earlier time. Many therapists achieve this through the use of hypnotherapy. Deep Memory Processing does not use hypnotherapy techniques but instead utilizes a deep guided meditation. This process allows the client to remain in a conscious but deeply relaxed state so that the client may more easily access their stored memories. This technique is an extremely effective tool in helping the client to release repressed or partially remembered traumatic experiences (such as sexual abuse, violence, post traumatic stress, or a devastating loss) so that they may more completely heal from them. This technique is also extremely effective in facilitating a past life regression therapy session.

What is past life regression therapy?

Past life regression therapy involves the experience of going back to a previous lifetime. It is a very powerful and effective healing process for people who believe in reincarnation as well as those who do not. These regressions allow memories, imagination, spiritual experiences and any combination of them all to be experienced by the client. The regression highlights the emotional issue(s) troubling the client and provides the opportunity to begin to heal from it.

For those believing in reincarnation, the Deep Memory Processing guided meditation invites the client to journey back to a life that will help them to clearly recognize the core issues, complexes, or phobias that have carried over and are affecting their current life. It also allows the client to release these deep memories from their body, clear their energy field of negative influences, let go of old unwanted ancestral patterns and influences, and integrate wounded parts of their soul.

For those who do NOT believe in reincarnation, but are struggling with facing the truth about themselves, the regression creates a story/movie in which the client has the starring role. Similar to the phenomena, “it didn’t happen to me, it happened to “my friend”, the regression allows the client the ability to play act with their problem(s) by experiencing the issue(s) through their conceived character. In discovering the essence of the story which surfaces during the regression along with a few illuminating details which help bring the story into focus, is what makes the experience a valuable healing tool for the non-past life believer currently struggling or suffering.

What is Reiki energy therapy?

Reiki (pronounced ray-kee) means universal life energy. It is a form of energy therapy that is thought to have evolved from the Tibetan Buddhist healing practices. Reiki sessions involve channeling the life force energy from the practitioner to the client in order to replenish and rebalance areas in the client’s body that are depleted. It is a simple, natural, and safe way to promote healing, stress reduction, and relaxation. Many prominent area hospitals including Mercy and Maine Medical Center offer Reiki healing sessions to their patients because it works in conjunction with traditional medicine and treats the whole person (body, mind, and spirit). Many people describe a Reiki treatment as a feeling of wonderful glowing radiance that flows through them and surrounds them with warmth and peace.

For more information about our alternative therapy services, please contact us at 207-893-0000 or www.danzigcounseling.com