



# Revisioning: Rapid Mirror Neuron Psychotherapy for Grief and Trauma

By Mark S. Rider Ph.D., Lynn Heselton MSN

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Revisioning is a rapid psychotherapy technique for grief and trauma. By activating the mirror neuron network of the brain, symptoms of Complicated Grief, PTSD, Depression, Addiction, Personality Disorders, and Dissociative Identity Disorder can now be significantly improved within just a few sessions. Written by a medical psychologist and a psychiatric nurse, this ground-breaking technique is causing psychiatrists and psychotherapists to rethink the conventional approach to psychotherapy. In this bottom-up brain technique, mental health treatment can occur much faster without having to depend on the client reliving painful traumas and losses.

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**Revisioning: Rapid Mirror Neuron Psychotherapy for Grief and Trauma** By Mark S. Rider Ph.D., Lynn Heselton MSN Bibliography

- Sales Rank: #2018431 in Books
- Published on: 2016-02-29
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .40" w x 6.00" l, .54 pounds
- Binding: Paperback
- 176 pages

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### **Editorial Review**

#### **About the Author**

Dr. Mark Rider is a psychologist whose first book "Revisioning: Mirror Therapy for Unresolved Grief" has enabled nearly 650 clients to resolve prolonged grief in a single session. Lynn Heselton is a psychiatric nurse who has helped broaden the scope of Revisioning to include PTSD, Personality Disorders and Dissociative Identity Disorder. Together their efforts have enabled over 1,000 clients to eliminate the debilitating symptoms of these disorders in just a few sessions.

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