

Time and Timelines

Contents

- * Exploring Timelines
- * Brief Exercises with Time
- * Visual / Kinaesthetic Dissociation - fast 'Phobia Cure'
- * Dynamind Technique
- * 'Gestalt' memories
- * Release Negative Emotions
- * Change Personal History
- * Language and Time

Resources

- "Timeline Therapy and the Basis of Personality" James and Woodsmall
- "Time Lining" Bodenhamer & Hall