Psychophonetics: Holistic Counseling and Psychotherapy: Stories and Insights from Practice

Title	**Psychophonetics: Holistic Counseling and Psychotherapy: Stories and Insights from Practice**
Author	Robin Steele
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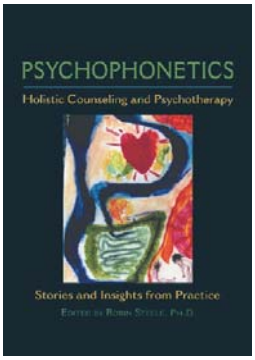

The Psychophonetic approach to psychotherapy works with the whole human being in body, soul, and spirit. Founded by Yehuda Tagar and based on Rudolf Steiner's Anthroposophy and Psychosophy, Psychophonetics is unique in its emphasis on a combination of conversation and action phases in counselling sessions. Through the language of experience and the language of soul, it uses a unique gesture-and-sound (nonverbal) approach in combination with body awareness, movement, and visualisation - a method that goes beyond national, language, and cultural differences.

In ***Psychophonetics***, the authors describe the practical applications of this field of counselling and psychotherapy. This book is the essential introduction to Psychophonetics and the first book to focus on this emerging field of spiritually oriented counselling and therapy. ***Psychophonetics*** is accessible and intended for the professional and the general reader alike.

About the Author: *Robin Steele, Ph.D., is a mother, teacher, educator, and counsellor/psychotherapist who works with people of all ages. Her work of more than twenty years as an early childhood teacher and supervisor of teacher trainees led into a change of career in the early 1990s, when she was trained by Yehuda Tagar, the founder of Psychophonetics. Since then, she has practiced as a psychotherapist in medical clinics, private organisations, and private practice. She currently facilitates personal development courses such as "The healing power of sound"; acts as a professional supervisor; and maintains a private psychotherapy practice.*

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