

What You Need to Know about Psychotherapy

By Dr. Sam

Healing can sometimes be instant and sometimes it may take time.

It may get better for you after therapy. The advanced methods of treatment used by Dr. Sam often permit the patient to experience total resolution of their issues. This depends upon finding the inception point where a negative belief, emotion, or trauma was embedded.

It may get worse for you after therapy. If this happens it is a good sign. Your subconscious mind is efficient and loves you. When you start to heal your subconscious mind may say, "Since you did such a great job of healing that last thing, let me give you some more!" Do not panic. This is the road to reaching wholeness and healing in a complete sense.

Things are interconnected. For example, you might be angry at your boss, spouse, or friend. In reality, it may have a root in a trauma of being mistreated by an earlier authority figure in your life such as a parent.

A negative emotion in one area may bring out the same and different emotions in other areas. You might feel betrayed by your friend which in turn makes you feel other negative emotions from another betrayal by a previous person. Sometimes dealing with difficult emotional hurt opens up many emotions. This is a good thing. It is the door to healing and happiness.

After therapy, you might have dreams (good and bad). Write these down and bring them to the next session to analyze.

Physical pain may be caused by emotional pain. Sometimes pain in your body is a way your subconscious mind is trying to tell you that you are carrying emotional stress and/or hurt. Sometimes the location of the physical pain is indicative of what the person is feeling emotionally. For example, pain in the feet or hips might indicate a lack of ability to move or stand emotionally. Pain in the wrists may have to do with some trauma involving your hands/wrists (guitar playing, typing, etc.) where the trauma was overlaid on the physical action.

Uncovering one area of hurt/wound may lead to other levels or layers of hurt. Healing is like peeling an onion. To get to the middle core you may have to work at peeling layers.

Persons who live in their heads (thoughts) and are disconnected from their "heart" (feelings) tend to have a harder time initially healing. This type of person tends to intellectualize everything in life because of emotional disconnection. This can heal and the connecting to feelings may take some time.

You subconscious mind tries to protect you. Therefore, you may have dormant, buried, or stuffed feelings about traumas you suffered years ago, especially in your childhood. Sometimes something triggers these emotions and you have difficulty understanding where these emotions originally came from. This is a sign you need to do something about it. This can be true of suddenly having spontaneous crying, explosive anger, deep sadness and/or hopelessness, anxiety attacks, etc.

Dr. Sam's methods are very advanced and effective. They are designed to safely help you find deep core issues and obtain healing. Healing may be progressive and typically goes from one level to deeper levels. Dr. Sam has seen over 90% of his patients experience high levels of recovery and healing. The first step is being willing to commit to taking care of yourself. That is the most loving thing you can do for yourself and others.

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