

GUIDED MEDITATIONS FOR THE  
**THREE STAGES OF  
HEALING TRAUMA**

NINE MEDITATIONS FOR POSTTRAUMATIC STRESS

BY BELLERUTH NAPARSTEK

This audio makes an ideal accompaniment for Belleruth's book on imagery and traumatic stress, *Invisible Heroes: Survivors of Trauma and How They Heal*, as it includes much of the more critical guided imagery recommended for each of the three phases of recovery from PTSD. For the first phase of re-establishing safety & control, there is *Imagery for Protection & Support*, a *Walking Meditation* and *Imagery for Restful Sleep*. The second stage, which is about healing and integration, includes *Imagery to Ease Depression*, *Imagery to Release Grief* and *Imagery to Heal Trauma*. And the third stage of clean-up and renewal, offers *Imagery for Confidence*, *Imagery for Anger & Forgiveness* and *Affirmations for PTSD*. (3 hours, 41 minutes)



Photo: Karen O'Leary Toulis

Clinical social worker, author, and nationally recognized guided imagery pioneer Belleruth Naparstek, ACSW, BCD is the founder of Health Journeys and the voice on many of its award-winning audios. For years, she has served on the faculty of the Andrew Weil Center for Integrative Medicine at the University of Arizona, training physicians from around the world in mind-body techniques. She is widely recognized as a key force in making guided imagery – and its benefits – available in a broad range of major U.S. health care institutions.

This is not a substitute for medical treatment.  
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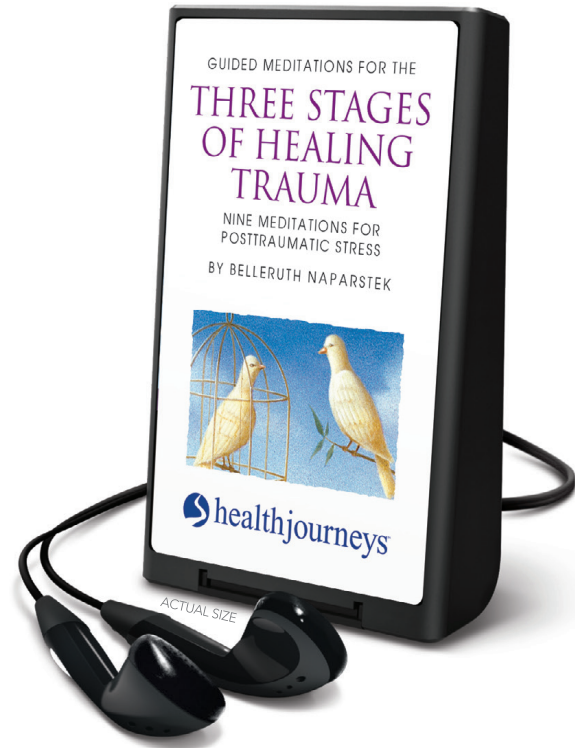
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