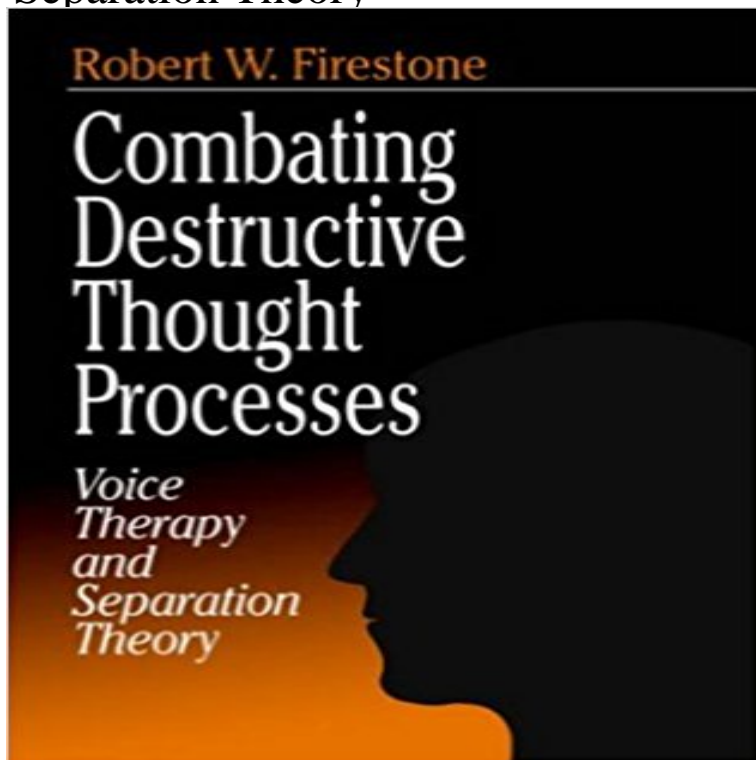


Combating Destructive Thought Processes: Voice Therapy and Separation Theory



What keeps people from living in ways that satisfy their individual needs and priorities? This book explores psychotherapist Robert W Firestones voice therapy technique, the goal of which is to uncover these limiting forces, which are represented by internal messages or voices. Firestone maintains that from childhood, people are prevented from experiencing an individuated life by the pressures of society, particularly the nuclear family. He expounds the theory, which synthesizes psychodynamic and existential approaches, behind his technique. He demonstrates how the therapy helps clients reveal these voices quickly, recognize their source and begin to take a path to a meaningful life.

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