



## Therapy Dialogue: A Session by Session Therapy Dialogue with an Educated Client Who Went Through the Self-actualization and Self-growth Processes (Paperback)

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By Roya R. Rad

Trafford Publishing, Canada, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.To understand the content of Therapy Dialogue and how the process of therapy worked for the person whose therapy is documented here, one needs to become familiar with the concept of self-actualization. This concept has been explained in Roya R. Rad's other book, Rumi Self Psychology (Psychology of Tranquility), and the reader will find some of the same subjects repeated here. This client's goal was to become self-actualized, and to be purified of the heavy and harmful baggage she had carried with her throughout her life; the baggage of negative emotions, thoughts, blockages, and unattended needs. We will refer to Maslow's pyramid for the concept of self-actualization. This pyramid can help explain human motivation and personal development in life. Humans have both physical and emotional needs and are motivated by satisfying these needs in life. Our most basic needs are inborn and have evolved over many years. It is only when the lower needs of physical and emotional well-being are satisfied or compensated that we are able to take care of the higher ones.



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