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EMPOWERMENT



Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed

Dr. Gary Bell
Marriage Family Therapist



Dr. Gary Bell's Absurd Psychology
Tuesday at 11 AM Pacific
January 5th 2021: Past Lives Therapy

Regression therapy is an approach to treatment that focuses on resolving significant past events believed to be interfering with a person's present mental and emotional wellness. Therapists who practice this approach believe people seeking treatment for phobias, depression, intimacy issues, and a range of other concerns can see improvement in their state of mind by revisiting and reliving the early experiences that influenced the development of these issues. However, the approach is somewhat controversial, due to limited research supporting the method and the potential for false memories. Tun

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