

Coherence Therapy

Facilitating Transformational Change Through Memory Reconsolidation

Workshop presented by Bruce Ecker, LMFT

Workshop segment	Video duration	Description
Core process	1 hr 25 min	How Coherence Therapy applies memory reconsolidation research
Case example 1	38 min	Compulsive inaction and underachieving
Case example 2	34 min	Depression, guilt, complicated bereavement
Case example 3	30 min	Anger
Case example 4	29 min	Boy's physical aggression (family session)
Case example 5	47 min	Chronic terror (complex attachment trauma)
Case example 6	22 min	Stage fright (traumatic memory retriggering)
Case example 7	44 min	Eruption of "torturous" feelings and sensations
Summary	13 min	Review of techniques and stance
	TOTAL TIME:	
	5 hr 42 min	