

# Healing Each Level of the Mind

# Theory of the Mind

## Conscious Mind

- Talk Therapy
- Cognitive Therapy
- Positive Psychology
- Solution Based Therapy
- Cognitive Behavioural Therapy



## Subconscious Mind

- EMDR
- Hypnosis
- Meditation
- Art Therapy
- Narrative Therapy
- Neurolinguistic Therapy
- Emotional Freedom Technique
- Repetition of all Conscious Mind Therapies



## Unconscious Mind

- Hypnosis
- Dream Therapy
- Timeline Therapy
- Regression Therapy
- Past Life Therapy
- Root Cause Therapy
- Psychodynamic Therapy
- Psychoanalytic Therapy

