



# Changing Lives Through Redecision Therapy

By Mary McClure Goulding, Robert L. Goulding



**Changing Lives Through Redecision Therapy** By Mary McClure Goulding, Robert L. Goulding

Redecision Therapy is based on the premise that, through goal-setting and the reenactment of important childhood scenes, we may change our future and gain control of our lives. This revised and updated edition includes the innovative treatment techniques developed by the Gouldings, plus new material on short-term treatment for victims of childhood sexual, physical, and emotional abuse, and advice on how to utilize the strengths of each client to enhance and support therapy.

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## **Changing Lives Through Redecision Therapy** By Mary McClure Goulding, Robert L. Goulding **Bibliography**

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