



# Memory Reconsolidation in Psychotherapy: The Neuropsychotherapist Special Issue (The Neuropsychotherapist Special Issues) (Volume 1)

*Bruce Ecker, Robin Ticic, Elise Kushner, Kymberly Lasser, Ricky Greenwald, David Feinstein*

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Memory reconsolidation (MR)—a foundational process with the potential, if properly understood, to consistently bring about the kind of transformational change that we look for in the lives of clients—is the subject of this book. Featured in this issue is Bruce Ecker, one of the foremost experts in applying techniques that fulfil the neurobiological requirements to achieve MR in clinical practice. In fact all of the authors in this issue are experts in their respective fields, demonstrating the unifying nature of MR in such diverse therapies as the Alexander technique, energy psychology, neuro-linguistic programming, and progressive counting. Understanding the biological basis of our memory and how it can be modified is the key to effective therapeutic change, especially when emotional memories are driving unwanted symptoms. The content of this special issue has been previously published in *The Neuropsychotherapist* or the *International Journal of Neuropsychotherapy*.

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