

## All you need to know about traumatic stress responses and steps to recovery

Complete instructions for using a non-drug, non-invasive, non-cognitive, safe technique to eliminate overwhelming upset in the context of a complete approach to mending the aftermath of horrific life and death experiences.



Robert L. Bray -San Diego, CA  
Over 35 years helping people

Dr. Bray's book leads the reader through the basic steps to help end immediately the suffering from traumatic stress and then guides them towards a complete recovery from their traumatic experience. Thought Field Therapy and the NOW recovery model compliment one another beautifully, empowering people to heal themselves.

—Roger Callahan, PhD, Founder/Developer of Thought Field Therapy

All I can say is, "WOW!!!" You have provided a book from which both the general public can benefit, as well as practitioners who are using Thought Field Therapy! The book includes strategies that people who have been suffering from traumas can use to improve their quality of life.

—Jenny Edwards, PhD

Dr. Robert Bray orchestrates his compelling case histories with theoretical and practical information to create a step-by-step guideline for the treatment of trauma. He elaborates on his NOW model utilizing Thought Field Therapy and illustrates it well with his deep personal, crisis, and trauma work experiences.

—Caroline E. Sakai, PhD, Clinical Psychologist

This book is a practical and comprehensive resource for trauma treatment and crisis response specialists, and it is a valuable tool for those seeking effective therapies for their own psychological pain. Anyone involved in pastoral care, crisis intervention, survivor support groups, social work, and mental health treatment can learn important and techniques from it and apply healing strategies that will have immediate and successful life-changing results. A great resource!

—Jayne Crisp, CTS, Former Executive Director Association of Traumatic Stress Specialists

As a Senior Marine Corps Chaplain, former Police Officer and Trauma Expert, I found Dr. Bray's stories throughout this book to be riveting examples of life's real stressors that often sneak up on us. In this time of turmoil around the world any one of us could easily be called upon to be a First Responder at any time. The healing processes shared in this book gives easy to understand and easy to use tools to help ourselves and others. All will be blessed from the knowledge brought to light within this book.

—Lt. Cmdr. Ronald R. Ringo, Jr. PhD, CTS, MAC, LSW

US \$19.95



**Robertson Publishing**  
59 N. Santa Cruz Avenue, Suite B  
Los Gatos, California 95030 USA  
[www.RobertsonPublishing.com](http://www.RobertsonPublishing.com)

ISBN 978-1-935125-19-8



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# No Open Wounds Heal Traumatic Stress NOW

## Complete Recovery with Thought Field Therapy

Robert L. Bray, Ph.D, LCSW, CTS, TFT-Adv

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Dr. Robert L. Bray

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*“Live in Health, Love, and Joy”*

Bob Bray