



# The Bach Flower Remedies: Floral Pharmacy in Psychotherapy, Descriptions of Emotional and Mental States

*Milena Kostic*

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## **The Bach Flower Remedies: Floral Pharmacy in Psychotherapy, Descriptions of Emotional and Mental States** Milena Kostic

• Depression, rage and feelings of guilt - and its destructiveness • Professional experience of licensed psychologist and psychotherapist. • The Interview as the most valuable tool in Dr Bach's approach. Before you is a collection of knowledge and experience the author acquired in the last twelve years from working with clients using Dr. E. Bach's method and flower essences at the "Jazz" Counseling Center in Belgrade. By profession, Milena Kostic is licensed psychologist and psychotherapist. She works with children, youths and adults. This work, which spans more than 25 years, was teeming with opportunity to incorporate Dr. Bach's method. Running The Bach's remedies Courses over the years also contributed to greater understanding of the method. As a result, this book will provide valuable information and guidelines, not only to those who are new to the method, but also to those who have experienced it in everyday situations - personal or professional. The author also believes that the information included on how to run an interview, and later choose the appropriate essences based on the interview, will be of particular use.

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