



Induced After Death Communication: A Miraculous Therapy for Grief and Loss

Allan L. Botkin , R. Craig Hogan (With) , Raymond A. Moody Jr. (Foreword)

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Induced After Death Communication (IADC) is a therapy for grief and trauma that has helped thousands of people come to terms with their loss by allowing them the experience of private communication with their departed loved ones. This is the definitive book on the subject.

Botkin, a clinical psychologist, created the therapy while counseling Vietnam veterans in his work at a Chicago area VA hospital. Botkin recounts his initial--accidental--discovery of IADC during therapy sessions with Sam, a Vietnam vet haunted by the memory of a Vietnamese girl he couldn't save. During the session, quite unexpectedly, Sam saw a vision of the girl's spirit, who told him everything was okay; she was at peace now. This single moment surpassed months--years--of therapy, and allowed Sam to reconnect with his family.

Since that 1995 discovery, Botkin has used IADC to successfully treat countless patients--the book includes dozens of case examples--and has taught the procedure to therapists around the country.

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From Reader Review Induced After Death Communication: A Miraculous Therapy for Grief and Loss for online ebook

Nick H says

I read this in the aftermath of reading Steve Volk's (@stevevolk) book, Fringe-Ology. Botkin does a good job of addressing this technique strictly as a therapeutic method for dealing with grief and trauma. I agree with Volk in his assessment that the name of this treatment is awful, and leans heavily towards implying that the results of this therapy have some basis in spiritual or religious beliefs in an afterlife. That being said, Botkin & his co-writer do a great job of presenting the treatment through mainly an examination of case studies from his own personal applications. There is very little in the way of addressing the religious/spiritual aspect, only to address that it is not a necessary faction to experiencing an IADC, and that it seems to have no bearing on the OVERWHELMINGLY positive results of the treatment in dealing with grief/PTSD. I would like to experience an IADC to make up my mind as to what the experience is like and what, if anything, causes it. The strangest thing to me, and maybe it goes back to the poorly conceived name, is that this isn't a more well-known treatment being used more frequently across the US & beyond. If you visit Botkin's website, you'll see that there are not a whole lot of professionals practicing this technique. Why, if it works so well, would there not be? If the facts are so overwhelming, I can only come to the conclusion that it is a combination of skepticism and poor marketing.

Setharryn says

4.25 of 5.00 stars

Susan Hester says

Extraordinary discussion of many instances of after death communication using EMDR. This, which has given so much comfort to so many, should be brought into the mainstream. Life is hard enough, and this could help so many.

Paula Tohline Calhoun says

A Miracle, Indeed

When one first reads about the subject of NDEs (Near Death Experiences), spontaneous ADCs (After Death Communications), it is easy to be skeptical, especially in light of the dreck that has flooded the digital book market in recent years, of any "expert's" evidence that points toward life after life. I have been surveying clinical psychology bookshelves for a number of years since reading Dr. Raymond Moody's plea for honest, rigorous, scientific research into the way the human mind works, and in particular, the way it processes trauma, grief, and loss, and NDEs (Near Death Experiences) in his book "Life After Life" in 1985. At last, a respected and well-educated clinical psychologist, Dr. Allan Botkin in his efforts to initiate a reliable and safe way to treat the men and women residents of the PTSD ward of the VA Hospital in Chicago, was willing to free himself from the paradigm prison of what was considered an acceptable provable practice,

when in his search for better treatments for his patients, he stumbled upon a new way of treating them, that has all the hallmarks of a miracle!

He began by working with a relatively new method of helping those with PTSD, called EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a way of reprogramming an awake patient's rapid eye movements. The long-term agony of anger, guilt, fear, grief, and loss that plague sufferers of PTSD, is their inability to normally process and accommodate, then mentally and spiritually move beyond the traumatic event, and back to a full and productive life. They have become psychologically "stuck" at the moment of the event, constantly replaying it in their mind's senses, consumed with pain, sadness, rage, and a host of paralyzing and crippling emotions. When one of Dr. Botkin's patients spontaneously transitioned through a course of EMDR therapy to receive a profound sensation of having communicated with the deceased victim of his rage during the Viet Nam war, and found forgiveness and peace. Dr. Botkin set about trying to duplicate the experience with other patients. The method, honed and adapted, has proved over the past 30+ years to achieve permanent and reliable relief.

When used properly, by licensed clinical therapists, the method has shown itself to be curative in about 75% of those with whom it is used.

Whether one believes in God or a higher power or not, irrespective of any and all religious persuasions, when the patients find themselves able to communicate freely with the spirits of deceased loved ones or even victims of their anger and/or abuse, the experience proves to be 100% positive and life affirming.

What happens in the brain, and why and how achieving an IADC works is not known. Genuine scientific research into this phenomenon is growing and gaining a more wide-spread willingness to at least consider it among the scientific community.

I cannot recommend more highly this beautifully-written, well thought out, fully accessible, and carefully presented book. The many case-studies he relates are incredibly touching. I urge anyone with any degree of interest in the subject of communicating with those who have died to read this book. Moreover, I especially urge the skeptics to take the opportunity to read it. As Dr. Botkin points out so well, it doesn't matter how or why it works, or if it is paranormal or an entirely natural built-in mental process we all possess - SO WHAT? There has to date been no "downside" to this treatment, and being one familiar with the devastating effects of PTSD, I will be keeping my eyes, ears, mind and heart open to the wonderful possibilities inherent in propagating the miracle of the IADC.

Thank you, Dr. Botkin!

Rebecca Austill-Clausen says

Insightful interesting read. Wish all medical professionals would read this book.

Deb says

countless case studies, good for students studying death and dying. or phd students, interesting book. keep my attention.

Cynthia says

Wished I had this book loaned to me after the loss of my brother. In the meantime I have done pretty good on my own. This would really be a good book for people who RECENTLY lost someone. Or for some reason feel guilty about the loss. I might like to find someone who knows how to do this IADC ??? Could be interesting ? I'm always game for this new stuff.

Producervan in Cornville, AZ from New Orleans & L.A. says

Great book.

Kristine says

Induced After-Death Communication: A Miraculous Therapy for Grief and Loss by Dr. Allan L. Botkin is a free Goodreads FirstReads advance reader copy of a paperback book I began reading in mid-July. Being greatly interested in any form of new psychological therapy methods, I gravitated towards this book and wanted to see what was involved.

Unbeknownst to me, I was already familiar with one of the methods that Dr. Botkin uses to initiate IADC called Eye-Movement Desensitization and Reprocessing or EMDR, where a patient is asked to track the movements of a therapist's finger back and forth from left to right while the patient keeps their trauma in mind. It had appeared in a very early episode of 20/20 during the late 80s or early 90s when I was a child and it resounded so well with me that I began to rely on it (quite primitively and in an everyman, amateur sort of way, I might add) when I would experience something in more early adulthood that I would rather forget.

Then it resurfaced as being part of Dr. Botkin's after-death communications method, except a few levels into it and in a way called core-EMDR where it is more internalized. He has used it for over 20 years with combat veterans and other patients that have experienced trauma and/or tragedy. He seems to have written this book to talk about the method (without being too instructional), speak of its validity, tell stories of the method as it happened in therapy, and inform readers of its healing properties.

The book itself alternates somewhat comfortably between method and story and delivers its pathos in a somewhat 80s true-story, after-school special sort of way. However, the closing chapters were somewhat uneven and vague, which closed the book rather awkwardly and not giving the earlier, emotive and centering chapters much justice.
