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FOR IMMEDIATE RELEASE

Trauma Recovery & Personal Growth Expert Launches Best Selling Book

Arlington, Texas, March 25, 2025 – Let's Take the Crap Out of Psychotherapy – written by Yildiz Sethi, has just concluded a successful book launch on Amazon with the book ranked as a #1 Best Seller.

Yildiz comes from a science teaching background with over twenty-five years of experience in psychotherapy and education to draw attention to what is happening in the mental health profession, with a focus on depression.

In this she highlights some of the myths and mis-truths being fed to the public through the marketing alliance of mental health with the pharmaceutical industry, which keeps a large proportion of the public trapped in the system, often for life. She brings forward a range of crucial verified facts, neuroscience research and notable professional voices from around the world, to show that it doesn't have to be like this.

Yildiz has sourced and created more effective ways of working with depression, trauma and sexual abuse in brief, safe, experiential psychotherapeutic interventions with her founded methodologies. These are Emotional Mind Integration, Rapid Core Healing and PTIT:P&G for personal and systemic trauma recovery. She has been a Family Constellations facilitator and trainer since 2005.

With what is known in present-day psychotherapy innovation, hypnosis and the ability of the brain to rewire and heal, Yildiz holds a vision of most of those with depression, being able to access, effective psychotherapy and safe trauma processing in brief interventions, so they may experience more meaningful lives.

Yildiz is passionate about the need to move into the twenty-first century in what is offered to the public in mental health and holds online trainings and sessions in what she offers.

"Let's Take the Crap out of Psychotherapy by Yildiz Sethi offers a refreshing and straightforward approach to mental health, challenging the complexities and jargon often found in traditional therapy. Sethi emphasizes clarity and practicality, making it an accessible read for professionals and those seeking self-help.'
- Diane Rooker

The book, published and marketed by BCG Publishing is available on Amazon in Kindle and paperback formats.

For more information about Yildiz go to https://yildizsethi.com

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