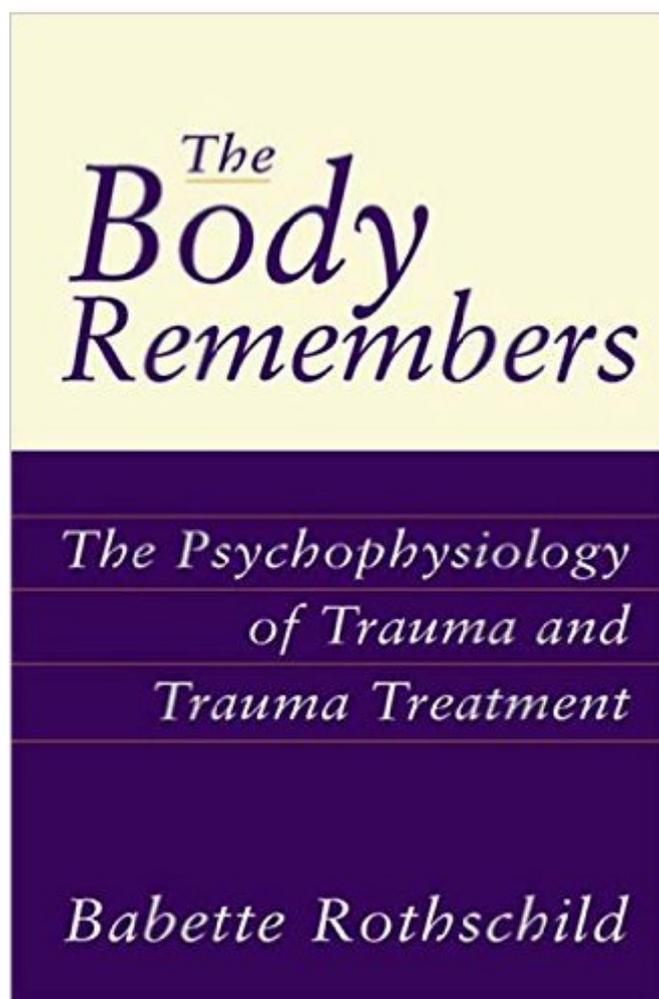


The book was found

The Body Remembers: The Psychophysiology Of Trauma And Trauma Treatment (Norton Professional Book)



Synopsis

For both clinicians and their clients there is tremendous value in understanding the psychophysiology of trauma and knowing what to do about its manifestations. This book illuminates that physiology, shining a bright light on the impact of trauma on the body and the phenomenon of somatic memory. It is now thought that people who have been traumatized hold an implicit memory of traumatic events in their brains and bodies. That memory is often expressed in the symptomatology of posttraumatic stress disorder—nightmares, flashbacks, startle responses, and dissociative behaviors. In essence, the body of the traumatized individual refuses to be ignored. While reducing the chasm between scientific theory and clinical practice and bridging the gap between talk therapy and body therapy, Rothschild presents principles and non-touch techniques for giving the body its due. With an eye to its relevance for clinicians, she consolidates current knowledge about the psychobiology of the stress response both in normally challenging situations and during extreme and prolonged trauma. This gives clinicians from all disciplines a foundation for speculating about the origins of their clients' symptoms and incorporating regard for the body into their practice. The somatic techniques are chosen with an eye to making trauma therapy safer while increasing mind-body integration. Packed with engaging case studies, *The Body Remembers* integrates body and mind in the treatment of posttraumatic stress disorder. It will appeal to clinicians, researchers, students, and general readers.

Book Information

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Customer Reviews

My interest in reading this book stems from the psychotherapeutic work I am currently doing (as a client, working with a psychotherapist) to remember my own childhood trauma and learn how to rework these memories into clear consciousness and healthier emotional responses. I have just begun this work and, as is my tendency, I went to see what was out there that I could read to educate myself about what trauma is and, most importantly, how to heal it. I highly recommend this book for both survivors of trauma and the mental health professionals who work with them. I easily read this book during a long weekend. The text, although written by a mental health professional, is quite accessible even to the layperson, and has a number of examples throughout that are used to illustrate the author's points. The book itself is divided into two main sections: Theory and Practice. Both are important to understanding the current ways we comprehend and treat trauma, based on the latest advances in the neurosciences that allow us to know better our own minds. Much of Rothschild's work hinges on the ways that the mind-body-emotions work together in experiencing, comprehending, and even storing in memory trauma that we experience. This is important, because the practice/treatment section of the book is also based on the same mind-body-emotions connection. So you must to some extent accept the mind-body-emotions framework to see the value of this book. I do accept this framework, although not exclusively or primarily.

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