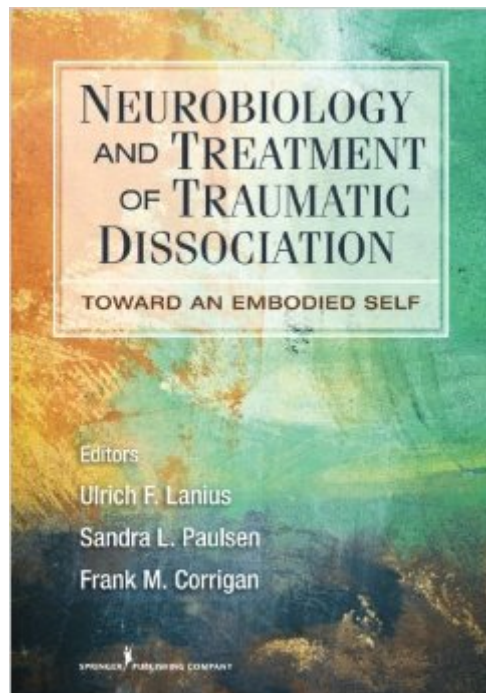


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# Neurobiology And Treatment Of Traumatic Dissociation: Towards An Embodied Self



## Synopsis

Encompassing the contributions of expert clinicians and researchers in the area of traumatic stress and dissociation, this volume is the first to integrate current neuroscience research regarding traumatic dissociation with several cutting-edge approaches to treatment, providing a comprehensive, neurobiologically based treatment approach. The text discusses current neuroscientific research regarding traumatic stress and dissociation that includes attachment, affective neuroscience, polyvagal theory, structural dissociation, and information processing theory, yielding a comprehensive model that guides treatment and clinical interventions for traumatic dissociation. It then integrates this model with stage-oriented treatment and current therapeutic interventions, including EMDR, somatic and body psychotherapy approaches, Ego State Therapy, and adjunctive pharmacological interventions. Readers are given hands-on practical guidance regarding clinical decision making, enabling them to make sound choices about interventions that will facilitate optimal treatment outcomes.

**Key Features:** Provides a broad-based treatment approach to traumatic stress syndromes and dissociation  
Offers accessible current research in the basic neurosciences relevant to our understanding of attachment, traumatic stress, and dissociation  
Includes practical suggestions for integrating EMDR, somatic, and body psychotherapy approaches with Ego State Therapy and adjunctive pharmacological interventions  
Integrates concepts from the affective and cognitive neurosciences and the study of consciousness  
Presents a comprehensive neurobiological model that accounts for the therapeutic effects of both somatic therapies and EMDR, as well as adjunctive pharmacological interventions

## Book Information

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## Customer Reviews

An in depth overview of a complex subject, highly original and worth the effort to study. This is setting the stage for important breakthroughs as the authors/editors are following what is turning out to be a highly successful approach: Interdisciplinary. Allan Schore at UCLA has repeatedly demonstrated the value of an interdisciplinary approach to understanding the human psyche in the context of both psychotherapy and neuroscience. The authors/editors of this book have chosen the same approach.

This is a brilliant and extraordinary book edited by 3 authors with decades of expertise in the field of traumatic dissociation. The first half of the book, led by British psychiatrist Frank Corrigan, presents cutting edge research on many aspects of the neurobiology of dissociation. It is likely the most comprehensive review of what is known to date. As a trauma focused therapist I found the second half profoundly helpful. I have followed Sandra Paulsen's teachings since 2001. In the 8 of 11 chapters in which she is the first author, she has taken her work, and the treatment of traumatic dissociation, to new levels. She and Ulrich Lanius richly interweave the effective use of EMDR in working with clients who are dissociative. And the research findings of the first half of the book are clearly woven throughout the treatment second half. Their work will more effectively enable those of us in the field to heal our clients whose wounds of trauma, profound abuse and/or neglect required them as children to use the brain's brilliant ability to dissociate.

My therapist recommended this book when I asked for a graduate level type book to help me understand disassociation caused by awareness of pain during anesthesia. It is a very well written book on a complex subject. You will learn so much.

I highly recommend this book for anyone struggling with traumatic dissociation, or who is interested in the topic. The first part of this book explains in detail the neurobiological structure and function of dissociation. There are numerous citations to academic journal articles and books to each page of this book - and the articles are accessible for free on public library online databases with a library card number. The citations to academic articles were very helpful in helping me do further research about the topic. But the explanations in this book, though often complex, are simplified and condensed so as to save much time and effort for the reader. Rather than reading through hundreds

of academic articles and books, this book alone will suffice in giving anyone an understanding of the neurobiological causes and effects of trauma. It was surprising, interesting, and well-explained. A large portion of the second half of this book focuses on discussing treatment for traumatic dissociation. The authors focus on somatic experiencing - among other options, which I greatly appreciate, as I have personally found somatic experiencing to be very effective. It was because of this book and another one that I decided to pursue somatic experiencing with a touch-certified therapist, and I am so glad that I did, and grateful to these authors for describing that treatment in their book.

It's a good book on recent research in the field of trauma and dissociation. My only complaint is that it is a bit dense and made for a target audience of researchers.

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