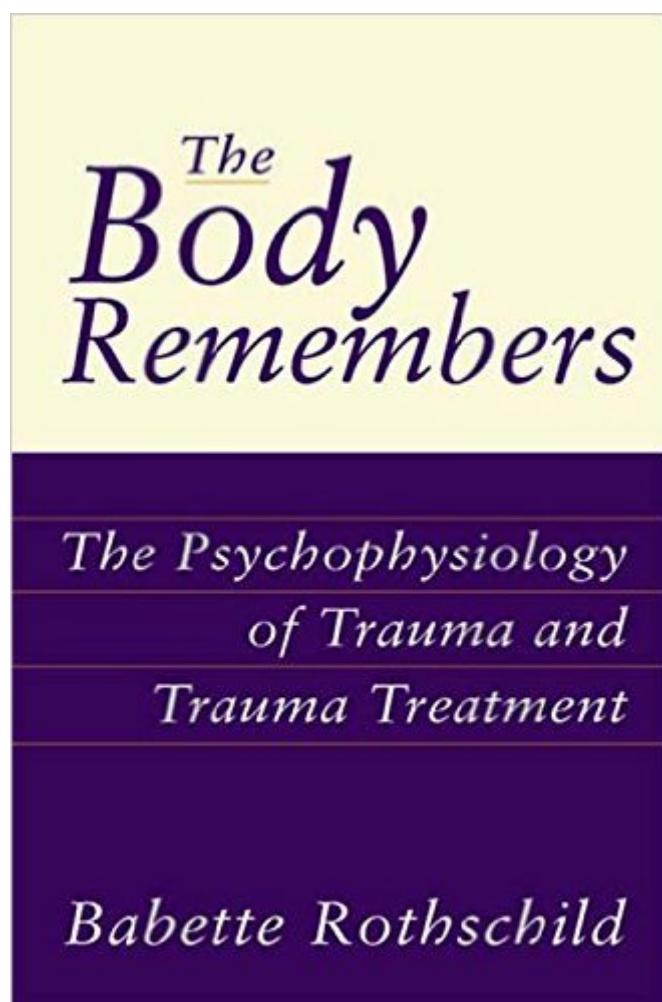


The book was found

# 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**

Series: Norton Professional Book

Hardcover: 208 pages

Publisher: W. W. Norton & Company; 1 edition (October 17, 2000)

Language: English

ISBN-10: 0393703274

ISBN-13: 978-0393703276

Product Dimensions: 6.5 x 0.8 x 9.6 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (85 customer reviews)

Best Sellers Rank: #22,880 in Books (See Top 100 in Books) #24 inÂ  Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #31 inÂ  Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #39 inÂ  Books > Medical Books > Psychology > Psychotherapy, TA & NLP

## 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 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.

[Download to continue reading...](#)

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book) The Body Remembers Continuing Education Test: The Psychophysiology of Trauma & Trauma Treatment (Norton Professional Book) The Body Remembers Casebook: Unifying Methods and Models in the Treatment of Trauma and PTSD (Norton Professional Books (Paperback)) Memory, Trauma Treatment, and the Law (Norton Professional Books) The Trauma Treatment Handbook: Protocols Across the Spectrum (Norton Professional Books (Hardcover)) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology (Hardcover)) Handbook of Dental

Trauma: A Practical Guide to the Treatment of Trauma to the Teeth Grandmother Remembers 30th Anniversary Edition Big Dig (NE Remembers) Audrey Hepburn, An Elegant Spirit: A Son Remembers The Awakening of HK Derryberry: My Unlikely Friendship with the Boy Who Remembers Everything Where's Harry?: Steve Stone Remembers 25 Years with Harry Caray CPT 2016 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Current Procedural Terminology (CPT) Professional) The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, MD | Key Takeaways, Analysis & Review The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Alzheimer's Disease: Dominate Alzheimer's Sickness With Nutrition Treatment, Brain-Healthy Lifestyle and Herbal Treatment (Alzheimer's Disease Complete ... Nutrition Treatment, Elder Care Handbook)

[Dmca](#)