



## The Healing Power of Emotion: Affective Neuroscience, Development & Clinical Practice (Norton Series on Interpersonal Neurobiology (Hardcover))

*From Fosha, Diana/ Siegel, Daniel J./ Solomon, Marion F.*

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**Drawing on cutting-edge neuroscience to better understand emotion.**

We are hardwired to connect with one another, and we connect through our emotions. Our brains, bodies, and minds are inseparable from the emotions that animate them.

Normal human development relies on the cultivation of relationships with others to form and nurture the self-regulatory circuits that enable emotion to enrich, rather than enslave, our lives. And just as emotionally traumatic events can tear apart the fabric of family and psyche, the emotions can become powerful catalysts for the transformations that are at the heart of the healing process.

In this book, the latest addition to the Norton Series on Interpersonal Neurobiology, leading neuroscientists, developmental psychologists, therapy researchers, and clinicians illuminate how to regulate emotion in a healthy way. A variety of emotions, both positive and negative, are examined in detail, drawing on both research and clinical observations. The role of emotion in bodily regulation, dyadic connection, marital communication, play, well-being, health, creativity, and social engagement is explored. *The Healing Power of Emotion* offers fresh, exciting, original, and groundbreaking work from the leading figures studying and working with emotion today.

Contributors include: Jaak Panksepp, Stephen W. Porges, Colwyn Trevarthen, Ed Tronick, Allan N. Schore, Daniel J. Siegel, Diana Fosha, Pat Ogden, Marion F. Solomon, Susan Johnson, and Dan Hughes.

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- Sales Rank: #81033 in Books
- Brand: Fosha, Diana/ Siegel, Daniel J./ Solomon, Marion F.
- Published on: 2009-11-16
- Original language: English
- Number of items: 1
- Dimensions: 9.60" h x 1.30" w x 6.50" l, 1.55 pounds
- Binding: Hardcover
- 368 pages

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## Editorial Review

### Review

“This book?the fruit of a dialogue among eminent neuroscientists, clinicians, attachment researchers, and body workers?achieves a level of integration among these various disciplines that has not been seen before. A magisterial achievement!” (Bessel van der Kolk, MD, The Trauma Center, Boston, MA)

“A masterful panoramic view of emotion. This is an important and superbly done book, especially strong in balancing the clinical with the scientific.” (Daniel N. Stern, MD, Honorary Professor of Psychology, University of Geneva, author, *The Present Moment in Psychotherapy and Everyday Life*)

“It is gratifying to see this important new volume direct a long-overdue spotlight on the essential element of emotional change in psychotherapy. This volume provides information on neurophysiology, phenomenology, and interactive dynamics that can benefit clinicians of all orientations.” (Francine Shapiro, PhD, Senior Research Fellow, Mental Research Institute, Palo Alto, California, and Executive Director, the EMDR Institute, Watsonville, CA)

“Imagine that some of most brilliant, neuroscientific contributors to our understanding of emotion and brain development, teamed up with some of the most knowledgeable, creative psychotherapists alive, and really listened to, and learned to understand each other’s work. The result is this essential, palpably exciting, at times profound volume, which shows how to use brain-based insights, and inevitable emotions themselves, to foster mental healing.” (Norman Doidge, MD, author, *The Brain That Changes Itself*)

### About the Author

Diana Fosha, PhD, is Director of the AEDP Institute in New York City.

Daniel J. Siegel, MD is a graduate of Harvard Medical School and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent, and adult psychiatry. He is currently a clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of UCLA’s Mindful Awareness Research Center, founding co-investigator at the UCLA Center for Culture, Brain and Development, and executive director of the Mindsight Institute, an educational center devoted to promoting insight, compassion, and empathy in individuals, families, institutions, and communities. Dr. Siegel’s psychotherapy practice spans thirty years, and he has published extensively for the professional audience. He serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which includes over three dozen textbooks. Dr. Siegel’s books include *Mindsight*, *Pocket Guide to Interpersonal Neurobiology*, *The Developing Mind*, Second Edition, *The Mindful Therapist*, *The Mindful Brain*, *Parenting from the Inside Out* (with Mary Hartzell, M.Ed.), and the three New York Times bestsellers: *Brainstorm*, *The Whole-Brain Child* (with Tina Payne Bryson, Ph.D.), and his latest *No-Drama Discipline* (with Tina Payne Bryson, Ph.D.). He has been invited to lecture for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, and TEDx. For more information about his educational programs and resources, please visit: [www.DrDanSiegel.com](http://www.DrDanSiegel.com).

Marion Solomon, Ph.D., is a lecturer at the David Geffen School of Medicine, Department of Psychiatry at UCLA, and Senior Extension faculty at the Department of Humanities, Sciences and Social Sciences at UCLA. She is also director of clinical training at the Lifespan Learning Institute and author of *Narcissism*

and Intimacy, co-author of Short Term Therapy For Long Term Change, and co-editor of Countertransference in Couples Therapy and Healing Trauma.

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