

## **The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book)**

*By Babette Rothschild*

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**The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book)** By Babette Rothschild

**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.

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### **Editorial Review**

#### **Review**

“This book breaks new ground in the understanding of trauma-related work . . . Every therapist who reads this book is likely to find their work benefits from it. . . . [I]nvaluable for clinicians working with clients, researchers, students and the general public who want to understand the psychophysiology of trauma and knowing what to do about its manifestations. ” (Scientific and Medical Network)

“Babette Rothschild has produced a masterful book! This text should be required reading for all therapists, particularly those engaged in trauma work. . . . [A] clear pacesetter in integrating the physiological and psychological dimensions of emotions and the use of such knowledge in the therapeutic process. I hope this pioneer author continues her excellent work. ” (Trauma and Loss: Research and Interventions)

#### **From the Inside Flap**

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.

#### **About the Author**

Babette Rothschild, MSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is a bestselling author of six books, all published by WW Norton and translated into more than a dozen languages. She is also the creator and Series Editor of the 8 Keys to Mental Health Series. After living and working for 9 years in Copenhagen, Denmark she returned to her native Los Angeles where she is writing her next books while she continues to lecture, train, consult, and supervise professional psychotherapists of all sorts worldwide.

### **Users Review**

#### **From reader reviews:**

#### **David Gaytan:**

This *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment* (Norton Professional Book) book is not really ordinary book, you have after that it the world is in your hands. The benefit you

have by reading this book is information inside this guide incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This kind of The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book) without we recognize teach the one who studying it become critical in considering and analyzing. Don't possibly be worry The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book) can bring when you are and not make your carrier space or bookshelves' come to be full because you can have it within your lovely laptop even telephone. This The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book) having good arrangement in word along with layout, so you will not sense uninterested in reading.

### **Juanita Hernandez:**

Playing with family within a park, coming to see the sea world or hanging out with pals is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book), you are able to enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout people. What? Still don't get it, oh come on its named reading friends.

### **Virginia Benoit:**

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book) can be one of your beginner books that are good idea. Most of us recommend that straight away because this book has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to put every word into joy arrangement in writing The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book) but doesn't forget the main position, giving the reader the hottest in addition to based confirm resource data that maybe you can be certainly one of it. This great information can easily drawn you into new stage of crucial pondering.

### **Mindy Hicks:**

Many people spending their time frame by playing outside having friends, fun activity along with family or just watching TV all day every day. You can have new activity to spend your whole day by reading through a book. Ugh, you think reading a book can actually hard because you have to accept the book everywhere? It okay you can have the e-book, having everywhere you want in your Smart phone. Like The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book) which is keeping the e-book version. So , why not try out this book? Let's find.

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