

The Body Remembers

The Psychophysiology
of Trauma and
Trauma Treatment

Babette Rothschild

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

By Babette Rothschild

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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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- Sales Rank: #80511 in Books
- Brand: Rothschild, Babette
- Published on: 2000-10-17
- Original language: English
- Number of items: 1
- Dimensions: 9.60" h x .80" w x 6.50" l, 1.06 pounds
- Binding: Hardcover
- 208 pages

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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.

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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

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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:

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