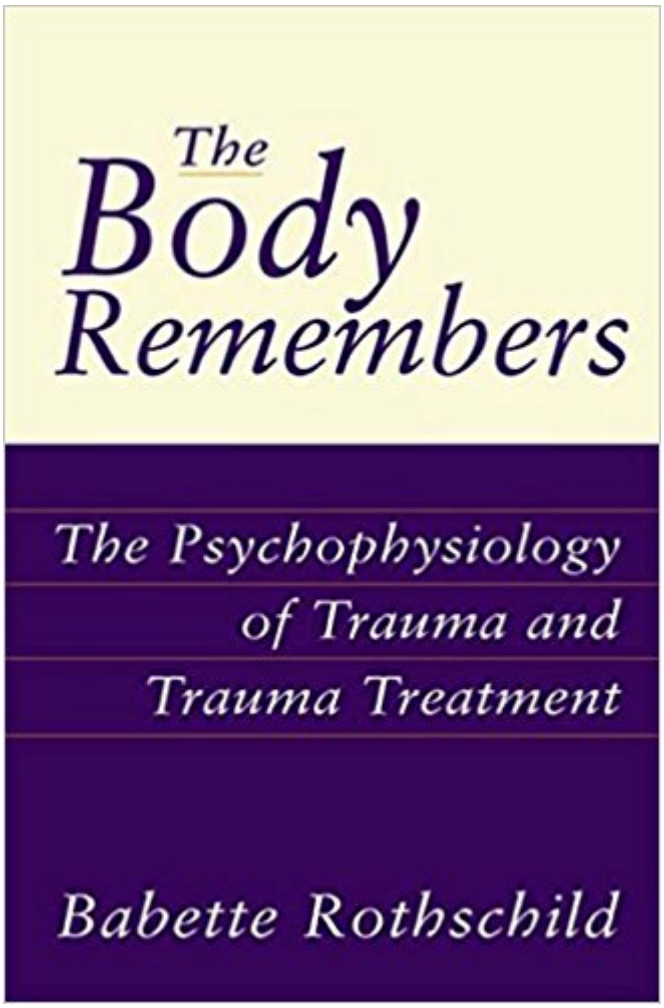
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The Body Remembers: The Psychophysiology Of Trauma And Trauma Treatment (Norton Professional Book)



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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

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Customer Reviews

Ã¢â ¬Å“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.Ã Â Ã¢â ¬Â• - Scientific and Medical NetworkÃ¢â ¬Å“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 theÃ Â physiologicalÃ Â and psychological dimensions of emotions and the use of such knowledge in the therapeutic process. I hope this pioneer author continues her excellent work.Ã Â Ã¢â ¬Â• - Trauma and Loss: Research and Interventions

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.

This is a very good book with a lot of good information about the effect of physical and/or emotional trauma on the human psyche. People can't "just snap out of it" when their psyches have been damaged by trauma. Frequently, people have no memory of a trauma (s) or they've blocked them out in some way. They only know they hurt , they feel different , they have nightmares or night

terrors. They feel like they will explode but don't know why. They may be wonderful, brilliant people but they may feel that they are losing grip on reality. They may think a lot about suicide or feel they are going crazy. They may experience blackout times where they don't remember going somewhere or can't understand how they left a sweater somewhere when they have no recollection of having gone out. If someone you love experiences any of these feelings even years after traumatic events, get them help. Read this book.

I will never forget one day waking up in pain from head to toe with no specific memory of why. Later I figured out that every year during a specific month and a specific week my body rememberd a significant trauma even when I didn't. There are not many things in the world that validate and empower trauma survivors but this book is an exception. I am very grateful to the author and will never forget the day I found this book that answered so many of my questions even the ones I didn't know to ask. What a great relief!

Very well written, easy to read and comprehend book. The book is broken into two parts the first about trauma theory and the second about the use of trauma theory in therapy for those with post traumatic stress and post traumatic stress disorder. Throughout the entirety of the book Rothschild uses examples from actual patients and how the different parts of trauma theory and the use of trauma theory to aid in therapy actually works. The book is very clear and intriguing for its entirety especially while using actual patients to explain the different effects of the trauma and the physiology behind them. She relates everyday reactions and habits to those of the patients with PTSD explaining how they get distorted. In the second part she discusses different treatment methods and how each method addresses different parts of the physiology and psychology behind PTSD. This book is a good summary connection between the theory and the practice of trauma treatment.

So insightful into not only the mental and emotional ramifications but the physical ramifications of trauma...How the body copes with underlying stressors invisible to the eye and the problems that occur maybe years after the trauma. This may be a puzzle piece to many physical conditions that are difficult to diagnose (i.e.adrenal insufficiency) as well as treat. A great read for any practitioner who wants to better understand some of the patients who walk through their clinic.

It's not a bad book, but it's already become outdated. Other, newer books by Dan Siegel and Bessel

Van Der Kolk cover the same ground, but with more of the latest and greatest insights from modern neuroscience. She says "may" and "appears to" about things that are now established fact. Good for it’s time, but it’s time has now passed.

This book takes the mystery out of mind-body treatment of trauma therapy. It brings together diverse treatment methodologies and offers clear examples of how to integrate them usefully, compassionately and successfully.For professionals who practice talk- or behavior-oriented therapy, Rothschild offers (1) a wonderfully concise argument for including the body in trauma recovery therapy and (2) simple, careful and deeply effective ways to integrate somatic therapy into their current approaches to working with clients who suffer from the effects of trauma--either recent, past or even long past. Since so many clients have at least a component of past trauma in their lives (underlying whatever brought them to therapy in the first place), this book should be on every therapist’s reference shelf...and READ! Rothschild’s stress on safety--and especially how to employ theory always in the service of the client’s safety--is fantastic.For lay people who have a basic acquaintance with psychology and psychotherapy, it offers a broad understanding of the wide but still-developing field of trauma therapy, and could help many people (1) finally decide to get effective professional help and (2) choose a competent, appropriate therapist for that purpose.

Somehow I suppressed being raped for 35 years and was able to carry on normally, or so I thought. I did not realise that I had become hyper vigilant, and had become intolerant of any form of abuse. I began to have flashbacks, and the body made decisions about what was safe and not safe. No one understood me in this state, and I struggled to survive. Barbette Rothschild demonstrates that she has a deep understanding of what was going on, and a gentle way of pointing towards recovery techniques. The body sure remembers, but it takes a class of genius to be able to isolate and quieten the trauma so that the mind can function without disturbance. it is an excellent book and worthy of five stars. But there are weaknesses, and one I would identify is in the area of spirituality. It is almost as if this does not matter; but it does.

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