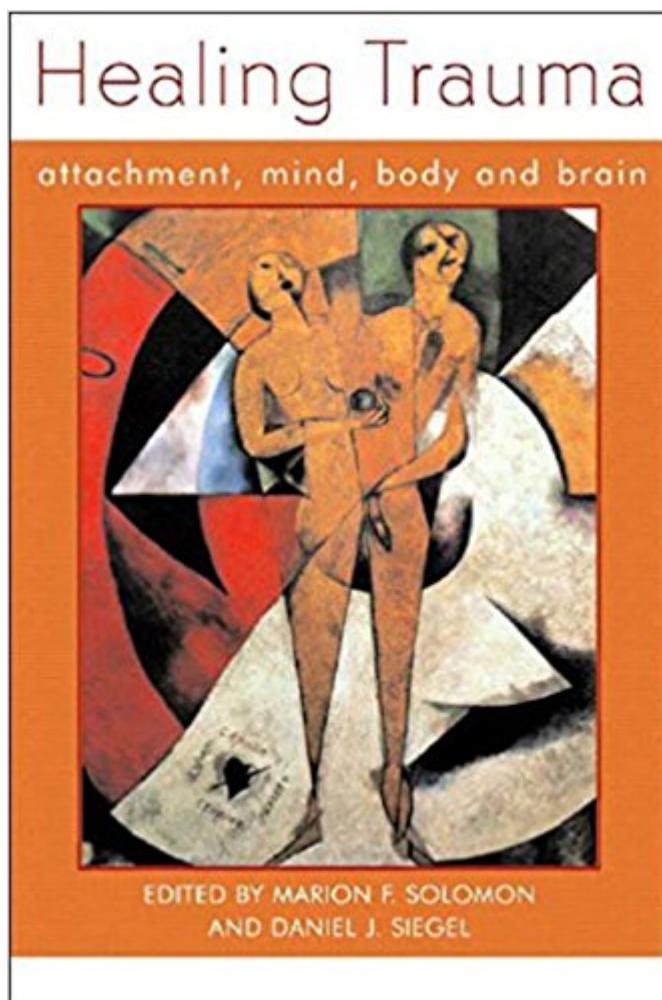


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# Healing Trauma: Attachment, Mind, Body And Brain (Norton Series On Interpersonal Neurobiology)



## Synopsis

Born out of the excitement of a convergence of ideas and passions, this book provides a synthesis of the work of researchers, clinicians, and theoreticians who are leaders in the field of trauma, attachment, and psychotherapy. As we move into the third millennium, the field of mental health is in an exciting position to bring together diverse ideas from a range of disciplines that illuminate our understanding of human experience: neurobiology, developmental psychology, traumatology, and systems theory. The contributors emphasize the ways in which the social environment, including relationships of childhood, adulthood, and the treatment milieu change aspects of the structure of the brain and ultimately alter the mind.

## Book Information

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## Customer Reviews

“Trauma has returned to center stage in our clinical and theoretical thinking. This book enriches our understanding of trauma from all the pertinent perspectives. It will be invaluable for all in the field, both for treating people and thinking about trauma.” - Daniel S. Stern, MD, Adjunct Professor of Psychiatry, Cornell Medical School; author of *The Interpersonal World of the Infant* “This remarkable collection of articles summarizes much of the best current thinking on trauma, attachment research, neurobiology, and its application to psychodynamic psychotherapy. It is an outstanding achievement.” - Beatrice Beebe, PhD, Clinical Professor of Psychology in

Psychiatry, NYS Psychiatric Institute, Columbia Universityâ œThis volume provides much more than a compelling set of models for healing traumaâ •it also delivers a state of the art account of the causes and consequences of trauma. The editors, Marion Solomon and Daniel Siegel, are to be congratulated for bringing together so cohesively some of theÂ mostÂ powerful voices in the field. This book will clarify understanding of trauma through eight chapters presenting the latest significant findings in neuroscience, developmental and clinical psychology, and psychiatry. Those training or working with victims of trauma and their families will find this resource indispensable.â • - Howard Steele, PhD, Director, Attachment Research Unit, University College, London; Editor, Attachment & Human Developmentâ œThis is an extraordinary book. It provides an up-to-the-minute integration of attachment trauma and neuroscience. Each contribution provides an essential chart to guide the therapist in understanding this most difficult group of clients. Taken together, the chapters compose a veritable atlas mapping this world of the unbearable and unthinkable. Without such theoretical and practical guides, the therapist working with trauma can become as vulnerable as the client she or he attempts to heal.â • - Peter Fonagy, PhD, FBA, Freud Memorial Professor of Psychoanalysis at University College London and Director, Child and Family Center, The Menninger Clinic, Topeka, KS

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 UCLAâ ™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. Siegelâ ™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. Siegelâ ™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*.

This book is readable and translates easily to the lay person and the professional. I find all of Dan Siegel's work to be excellent reads that contain practical, useful, and life enhancing information.

In love with the book

This book was a required reading by USC for the MSW in Social Work program. The book is highly effective and has broadened my understanding. I highly recommend it!

This book is enlightening and really describes how traumatic events are processed by our brains. There are a lot of technical words, but if you are interested in the subject matter, it's certainly worth purchasing.

Just as advertised, thank you!

great book, bought for school

Though published in 2003, this book reviews the neurological basis of the effects of childhood trauma. Must have for every psychiatrist, psychotherapist and psychologist.

Healing Trauma: Attachment, mind, body, brain. This book brings it all together. In a day of more trauma than ever counselors and families must understand it to cope with it better and bring behavior into accountability.

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