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TRAUMA THERAPY

As a memory scientist, this book is absurd and dangerous. The body does not remember anything--neurons remember information via LTP, etc. Memories are not stored in the body. This is a dangerous notion because it may lead to the possibility that sensations are long lost memories of abuse--leading to false memories and/or false accusations.

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The somatic techniques are chosen with an

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Psychophysiology Of Trauma And Trauma Treatment Norton Professorial Book 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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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.

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The Body Remembers : Babette Rothschild : 9780393703276

Her recent book ‘The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment’, is not so much a treatment approach as a thorough account of the physiological research into trauma, and an integration of this research to treatment, showing how trauma therapy requires flexibility and self-awareness above all else.

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