



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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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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Lynn Gowen:

Nowadays reading books become more and more than want or need but also turn into a life style. This reading behavior give you lot of advantages. Advantages you got of course the knowledge even the

information inside the book that will improve your knowledge and information. The knowledge you get based on what kind of book you read, if you want have more knowledge just go with training books but if you want experience happy read one having theme for entertaining for instance comic or novel. The actual *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment* (Norton Professional Book) is kind of guide which is giving the reader erratic experience.

Lois Maestas:

People live in this new morning of lifestyle always try and and must have the spare time or they will get wide range of stress from both everyday life and work. So , if we ask do people have extra time, we will say absolutely of course. People is human not a robot. Then we consult again, what kind of activity are there when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading guides. It can be your alternative inside spending your spare time, often the book you have read is actually *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment* (Norton Professional Book).

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