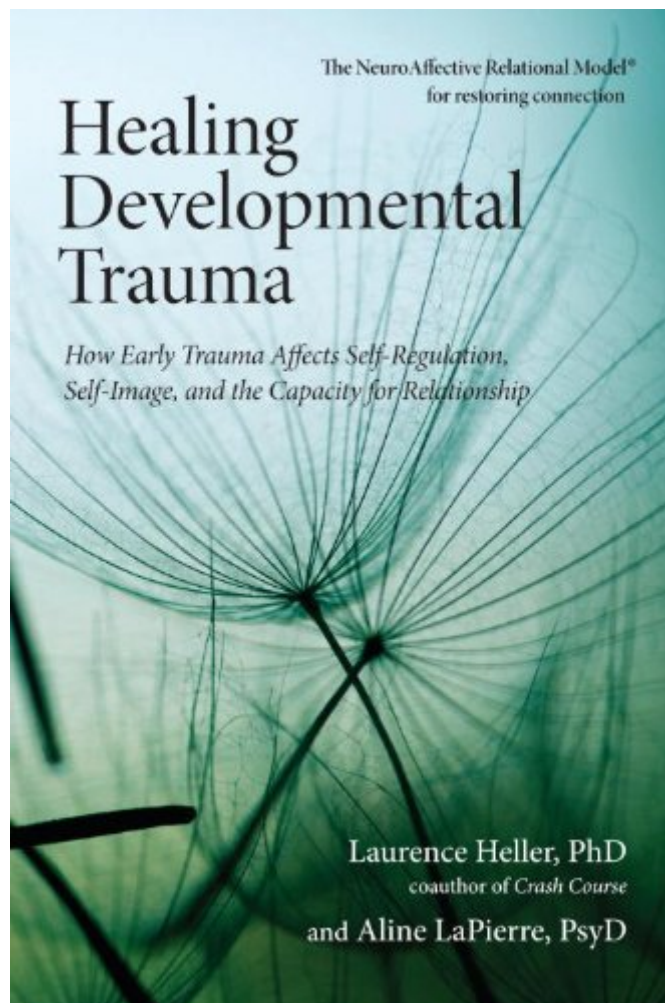


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Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, And The Capacity For Relationship



Synopsis

Written for those working to heal developmental trauma and seeking new tools for self-awareness and growth, this book focuses on conflicts surrounding the capacity for connection. Explaining that an impaired capacity for connection to self and to others and the ensuing diminished aliveness are the hidden dimensions that underlie most psychological and many physiological problems, clinicians Laurence Heller and Aline LaPierre introduce the NeuroAffective Relational Model[®] (NARM), a unified approach to developmental, attachment, and shock trauma that, while not ignoring a person's past, emphasizes working in the present moment. NARM is a somatically based psychotherapy that helps bring into awareness the parts of self that are disorganized and dysfunctional without making the regressed, dysfunctional elements the primary theme of the therapy. It emphasizes a person's strengths, capacities, resources, and resiliency and is a powerful tool for working with both nervous system regulation and distortions of identity such as low self-esteem, shame, and chronic self-judgment.

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Customer Reviews

Briefly put, this is one of the most important and profound works in the whole trauma literature. The authors' thesis holds that developmental trauma is very different than PTSD. Developmental trauma is radically far-reaching and colors the entire life of those affected by it. The authors outline five different adaptive survival styles used by infants to cope with trauma. The five styles are chronological in order. The first, connective survival style, is the earliest and most impactful. It takes place between birth and about a year. Where the child receives inadequate nurturing or abuse, this style becomes dominant. Other styles come in different times and have their own but less catastrophic impact. In the connection survival style the child adapts by disconnecting from his(or her) physical and emotional self. As a result, the child experiences great difficulty in relating to others and is often isolated without knowing how to address the problem. The other survival styles flow in later stages of infant development progression : attachment (difficulty knowing what we need and feeling that our needs deserve do not deserve to be met), trust (feeling that one cannot depend on anyone but themselves and feeling a need to be in control), autonomy (feeling burdened and pressured with difficulty setting limits and saying no directly), and love-sexuality (difficulty integrating heart and sexuality). The book focuses almost exclusively on the connective survival style. The two authors spend a great deal of time describing the conditions that cause this style and the difficulty that those who use it have with even recognizing it. They also spend several chapters outlining how to address the connective survival style therapeutically.

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