The book was found

Treating Trauma-Related Dissociation: A Practical, Integrative Approach (Norton Series On Interpersonal Neurobiology)





Synopsis

Establishing safety and working with dissociative parts in complex trauma therapy. Therapists around the world ask similar questions and struggle with similar challenges treating highly dissociative patients. This book arose not only out of countless hours of treating patients with dissociative disorders, but also out of the crucible of supervision and consultation, where therapists bring their most urgent questions, needs, and vulnerabilities. Â The book offers an overview of the neuropsychology of dissociation as a disorder of non-realization, as well as chapters on assessment, prognosis, case formulation, treatment planning, and treatment phases and goals, based on best practices. The authors describe what to focus on first in a complex therapy, and how to do it; how to help patients establish both internal and external safety without rescuing; how to work systematically with dissociative parts of a patient in ways that facilitate integration rather than further dissociation; how to set and maintain helpful boundaries; specific ways to stay focused on process instead of content; how to deal compassionately and effectively with disorganized attachment and dependency on the therapist; how to help patients integrate traumatic memories; what to do when the patient is enraged, chronically ashamed, avoidant, or unable to trust the therapist; and how to compassionately understand and work with resistances as a co-creation of both patient and therapist. Relational ways of being with the patient are the backbone of treatment, and are themselves essential therapeutic interventions. As such, the book also focused not only on highly practical and theoretically sound interventions, not only on what to do and say, but places strong emphasis on how to be with patients, describing innovative, compassionately collaborative approaches based on the latest research on attachment and evolutionary psychology. Throughout the book, core conceptsa •fundamental ideas that are highlighted in the text in bold so they can be seen at a glanceâ •are emphasized. These serve as guiding principles in treatment as well as a summing-up of many of the most important notions in each chapter. Each chapter concludes with a section for further examination. These sections include additional ideas and guestions, exercises for practicing skills, and suggestions for peer discussions based on topics in a particular chapter, meant to inspire further curiosity, discovery, and growth.

Book Information

Series: Norton Series on Interpersonal Neurobiology Hardcover: 560 pages Publisher: W. W. Norton & Company; 1 edition (November 29, 2016) Language: English ISBN-10: 0393707598 ISBN-13: 978-0393707595 Product Dimensions: 8.5 x 1.6 x 10.3 inches Shipping Weight: 3.4 pounds (View shipping rates and policies) Best Sellers Rank: #48,184 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Mental Health > Dissociative Disorders #35 in Books > Textbooks > Social Sciences > Psychology > Neuropsychology #54 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder

Download to continue reading...

Treating Trauma-Related Dissociation: A Practical, Integrative Approach (Norton Series on Interpersonal Neurobiology) Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists (Norton Series on Interpersonal Neurobiology) Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology (Hardcover)) Intensive Psychotherapy for Persistent Dissociative Processes: The Fear of Feeling Real (Norton Series on Interpersonal Neurobiology) The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration (Norton Series on Interpersonal Neurobiology) The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being (Norton Series on Interpersonal Neurobiology) The Neuroscience of Psychotherapy: Healing the Social Brain (Second Edition) (Norton Series on Interpersonal Neurobiology) The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation (Norton Series on Interpersonal Neurobiology) Neurobiology and Treatment of Traumatic Dissociation: Towards an Embodied Self Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Trauma, Dissociation, And Impulse Dyscontrol In Eating Disorders (Brunner/Mazel Eating Disorders Monograph Series) Interpersonal Process in Therapy: An Integrative Model (Skills, Techniques, & Process) Interpersonal Process in Therapy: An Integrative Model Understanding, Diagnosing, and Treating ADHD in Children and Adolescents: An Integrative Approach (Reiss-Davis Child Study Center, Volume 3) EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment, and Dissociation Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy The Child Survivor: Healing Developmental Trauma and Dissociation The Body Remembers Continuing Education Test: The Psychophysiology of Trauma & Trauma Treatment (Norton Professional Book) The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book) Treating Visceral Dysfunction: An Osteopathic Approach to

Understanding and Treating the Abdominal Organs

<u>Dmca</u>