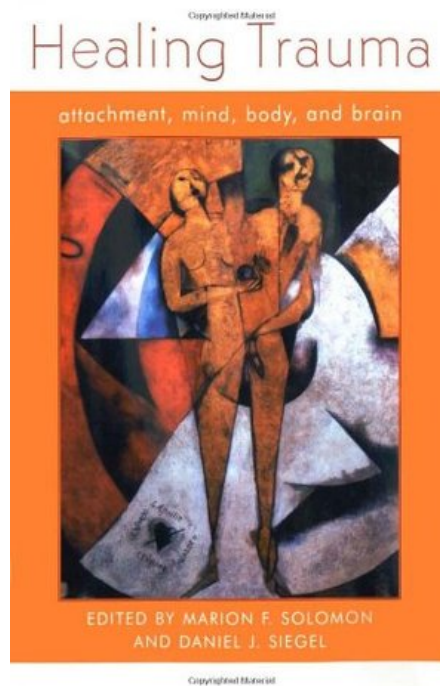




Healing Trauma: Attachment, Mind, Body and Brain

Marion F. Solomon (Editor) , Daniel J. Siegel

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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.

Healing Trauma: Attachment, Mind, Body and Brain Details

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Simon says

A great book! Each chapter explores a different aspect of trauma and how it can be treated. The approach of integrating neuroscience and psychotherapy with a range of other disciplines provides a comprehensive understanding of trauma. This thereby leads to more effective treatments. Though aimed at mainly professionals, the book is accessible to a wide variety of readers.

Claire says

A good set of writings on trauma and attachment, by a bunch of big names in the field. They provide comprehensive introductions to the neuroscience, evolutionary and familial/generational development, maintaining mechanisms, pathological outcome, and relational approaches in treatment. So despite it being published almost a decade ago I think the content holds up, addressing issues at the core of attachment pathology, as well as focusing on those not typically written about - such as non-maltreating parents.

I have to say it took me a while to get into some of these chapters - namely the opener on interpersonal neurobiology - think I'm saturated with that topic lately! However, **I particularly liked Fosha's chapter on *Dyadic Regulation and Experiential Work*.** It is one of the clearest, humanistic theories and papers I've read on disorganized attachment (development and pathology) and the therapeutic approach to address this. She introduces Accelerated Experiential-Dynamic Psychotherapy (AEDP) which, at it's heart, has the three phase, psychobiological approach of attunement, disruption and repair for working through defenses and difficult emotions to transform individuals experience and world view based on unhelpful attachment patterns. The road Fosha describes to healing and 'freedom' of sorts is no different from other approaches to attachment - even neuroscience, but I like her language choices better. I can compare it to Nebrosky's language use in the next chapter, which suggests to me an approach of force against one's experience. Having a preference for body-psychotherapy and Buddhist approaches of non-violence/no force, I have a problem with this - and worry for the mentality it engenders in practitioners.

There's no rush to get to the information in the book, but it's certainly one people should get their hands, minds and hearts on at some point.

Stephanie says

this book validates why i want to be a therapist...the human connection, be it a healthy and loving connection, rewires the brain and unblocks the mind from trauma! yeah science! yeah psychotherapy!

Shelley says

I usually like Marion Solomon's books so I was eager to read this one. It turned out to be a book that

Solomon only edited; it is a collection of seven very long articles by others.

There were only two that struck me as quite good: Diana Fosha's Dyadic Regulation and Experiential Work with Emotion and Relatedness in Trauma and Disorganized Attachment (60 pages) and Robert Neborsky's Clinical Model for the Comprehensive Treatment of Trauma Using an Affect Experiencing-Attachment Theory Approach (40 pages).

Solomon herself writes a 20 page summary at the end which is pretty good too.
