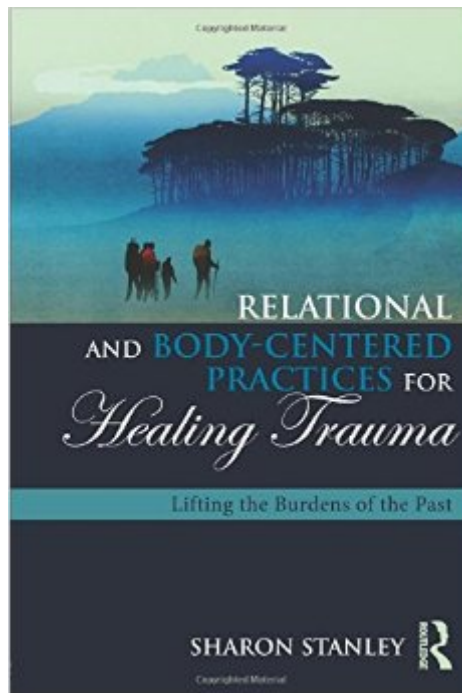


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# Relational And Body-Centered Practices For Healing Trauma: Lifting The Burdens Of The Past



## Synopsis

Relational and Body-Centered Practices for Healing Trauma provides psychotherapists and other helping professionals with a new body-based clinical model for the treatment of trauma. This model synthesizes emerging neurobiological and attachment research with somatic, embodied healing practices. Tested with hundreds of practitioners in courses for more than a decade, the principles and practices presented here empower helping professionals to effectively treat people with trauma while experiencing a sense of mutuality and personal growth themselves.

## Book Information

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Average Customer Review: 5.0 out of 5 stars See all reviews (10 customer reviews)

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## Customer Reviews

April 6, 2016. As a practicing psychiatrist I give thanks that Western mind-science now has the courage to scientifically embrace and explore the living phenomena that are the deepest foundation of our fullest subjective experience of being alive without first chopping them up into pieces that will fit into the neat little boxes of the DSM-V. Embodying this wisdom and courage, Dr. Sharon Stanley wisely speaks from her obviously vast body of personal, clinical and academic experience. This beautifully written book is a remarkably accessible, eloquent and uncluttered delivery of the solid scientific news from the leading edge of modern evidence-based psychology. It is clear, cogent, timely, and eminently practical instruction for any student of psychology or psychotherapist who is still deeply curious about life's abundant gifts of joy and sorrow, and is striving to help others survive trauma and thrive into durable, robust and empowered healing and vitality. As her teaching so easily and convincingly describes, this leading scientific edge of psychological inquiry is in the body. Dr.

Stanley's book is a sterling example of excellent science being built upon the abundant hypothesis-generating inspirations from many wise and ancient teachings of the world's indigenous cultures and spiritual traditions. These clearly re-connect us to our bodies, each other and all the fellow inhabitants of the more-than-human environment of planet earth. The potential of Dr. Stanley's text to strongly influence cross-cultural flow of trauma healing therapeutic knowledge is unique in my experience. Within that large frame of reference, Dr.

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