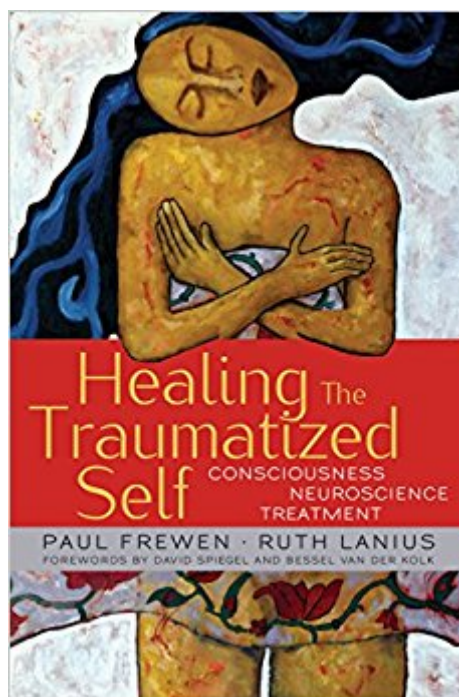




The book was found

# Healing The Traumatized Self: Consciousness, Neuroscience, Treatment (Norton Series On Interpersonal Neurobiology)



## Synopsis

A neurobiological explanation of self-awareness and the states of mind of severely traumatized people. Cultivation of emotional awareness is difficult, even for those of us not afflicted by serious mental illness. This book discusses the neurobiology behind emotional states and presents exercises for developing self awareness. Topics include mood (both unipolar and bipolar), anxiety (particularly PTSD), and dissociative disorders. Frewen and Lanius comprehensively review psychological and neurobiological research, and explain how to use this research to become aware of emotional states within both normal and psychopathological functioning. Therapists will be able to help survivors of trauma, mood disorders, anxiety disorders, and dissociative disorders develop emotional awareness. The book also includes case studies, detailed instructions for clinicians, and handouts ready for use in assessment/therapy with patients/clients.

## Book Information

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## Customer Reviews

This book is cutting edge. Although the neuroanatomy discussions can be overwhelming to a

non-brain scientist, the practical knowledge that there are differences between individuals is very useful. I found the distinctions between normal waking consciousness and trauma-related altered states of consciousness to be particularly helpful from a conceptual point of view. I believe this book occupies an extremely important place in the trauma literature and believe that every therapist working with trauma should have a copy of it.

Presents a heavily referenced model with supporting case studies. If there was controlled research on this model I missed it?

Became familiar with Frewen at a Live CEU event with other scholars. The book is great for anyone working with Trauma clients.

Excellent information, and readable to boot. For working with PTSD, DD, DID, a great resource.

I have always admired the work of Drs. Lanius and Ferwen...this book is helpful in learning to or deepening one's understanding of the effects of trauma on people especially in how they cope in ineffective ways. They go on to identify ways of really helping people.

I just received this book today and it is more than comprehensive and will be an invaluable source of strength and inspiration for me

This book is outstanding! Well-written and thought out. Knowing both of these authors I know their dedication to PTSD and to understanding it. This resource provides excellent insight into the person who experiences trauma and provides hands-on tools for therapists. I would recommend this to both therapists and patients. As I continue my own journey it is nice to reflect on all that has occurred!

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