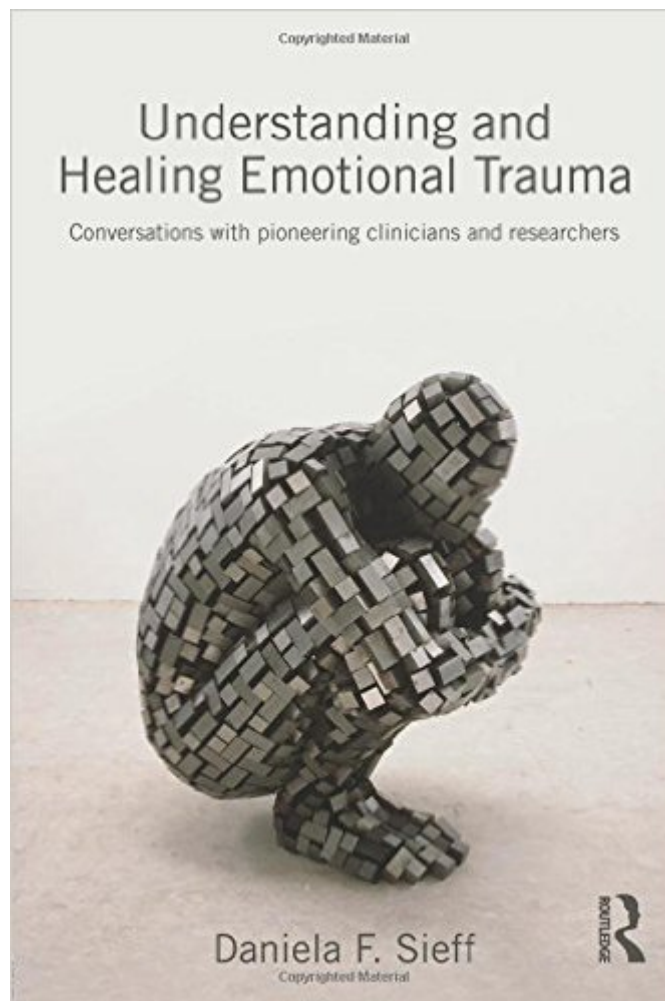


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# Understanding And Healing Emotional Trauma: Conversations With Pioneering Clinicians And Researchers



## Synopsis

Understanding and Healing Emotional Trauma is an interdisciplinary book which explores our current understanding of the forces involved in both the creation and healing of emotional trauma. Through engaging conversations with pioneering clinicians and researchers, Daniela F. Sieff offers accessible yet substantial answers to questions such as: What is emotional trauma? What are the causes? What are its consequences? What does it mean to heal emotional trauma? and How can healing be achieved? These questions are addressed through three interrelated perspectives: psychotherapy, neurobiology and evolution. Psychotherapeutic perspectives take us inside the world of the unconscious mind and body to illuminate how emotional trauma distorts our relationships with ourselves and with other people (Donald Kalsched, Bruce Lloyd, Tina Stromsted, Marion Woodman). Neurobiological perspectives explore how trauma impacts the systems that mediate our emotional lives and well-being (Ellert Nijenhuis, Allan Schore, Daniel Siegel). And evolutionary perspectives contextualise emotional trauma in terms of the legacy we have inherited from our distant ancestors (James Chisholm, Sarah Blaffer Hrdy, Randolph Nesse). Transforming lives affected by emotional trauma is possible, but it can be a difficult process. The insights shared in these lively and informative conversations can support and facilitate that process. This book will therefore be a valuable resource for psychotherapists, psychologists, counsellors and other mental health professionals in practice and training, and also for members of the general public who are endeavouring to find ways through their own emotional trauma. In addition, because emotional trauma often has its roots in childhood, this book will also be of interest and value to parents, teachers and anyone concerned with the care of children.

## Book Information

Paperback: 262 pages

Publisher: Routledge; 1 edition (December 6, 2014)

Language: English

ISBN-10: 0415720842

ISBN-13: 978-0415720847

Product Dimensions: 6.1 x 0.6 x 9.2 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (16 customer reviews)

Best Sellers Rank: #684,929 in Books (See Top 100 in Books) #77 in Â Books > Medical Books > Medicine > Surgery > Trauma #532 in Â Books > Textbooks > Social Sciences > Psychology >

## Customer Reviews

Understanding and Healing Emotional Trauma: Conversations with pioneering clinicians and researchers: by Dr. Daniela F. Sieff, PH.D. in Biological Anthropology. Publisher: Routledge; 1 edition (December 18, 2014) ISBN-10: 0415720842 ISBN-13: 978-0415720847 Daniela F. Sieff is a highly respected colleague, whose work I have admired for her devotion, persistence and attention to details. I could not put this book down on a train ride for a few hours and was captivated by its depth and breadth in untangling the mystery of Trauma and treatment of the misery it visits on victims. The book has synthesized Psychodynamic, Neuroscience and Evolutionary Psychology perspectives in decoding the understanding and healing of Trauma from the leading clinicians, researchers and scholars in Trauma research. Careful and detailed interviews with these leading experts in easy to understand language makes the most intricate research accessible to readers across the spectrum from a survivor, family members and experts alike. It feels that the reader is privileged to have a fireside chat with the leading experts in the Trauma research asking them all the questions I always wanted to ask them! Her interviews with the experts in Jungian and Psychoanalytic psychotherapy lays out the most innovative analytical understanding of trauma. Don Kalsched's work on soul's protector/persecutor system, J.

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