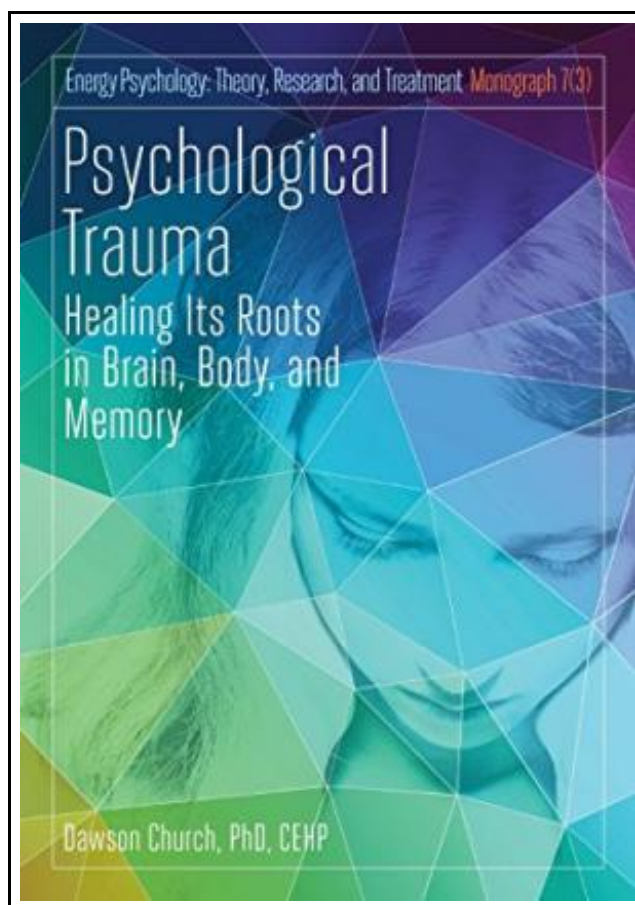


Psychological Trauma: Healing Its Roots in Brain, Body and Memory



Filesize: 1.19 MB

Reviews

It is one of the best books. Indeed, it really is a play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Sofia Yundt)

PSYCHOLOGICAL TRAUMA: HEALING ITS ROOTS IN BRAIN, BODY AND MEMORY

[DOWNLOAD](#)

Energy Psychology Press, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Psychological trauma is among the most devastating of conditions. Though classified as a mental health disorder, it affects the body at the most fundamental levels. This monograph traces the physiological roots of posttraumatic stress disorder in the body's many systems: The brain, the autonomic nervous system, the endocrine system, and the many organs they control. It weaves together the most current research from many different scientific fields. These include: Epigenetics Neuropsychology Developmental Psychology Evolutionary Biology Immunology Polyvagal theory Biofeedback Energy Psychology Epidemiology Memory Reconsolidation This review shows how when we are traumatized, especially at an early age, changes occur deep in the brain. These are reinforced by neural plasticity, our brain's ability to rapidly add new synaptic connections. Over time, these intensify the symptoms of PTSD, often leading to disabling personal limitations. This monograph also reviews the evidence from the new field of memory reconsolidation. This shows that under very specific conditions, fear-based memories may be revised by the brain. The new therapies emerging in the field of energy psychology, especially EFT (Emotional Freedom Techniques), are able to quickly neutralize traumatic emotions. This monograph explains the physiological mechanisms behind the efficacy of these novel therapies. Besides discussing several key clinical trials showing rehabilitation of over 80 of PTSD sufferers, it contains many case histories of veterans and others who have made full recoveries using EFT. It is a unique resource for scholars, therapists, physicians and journalists, as well as patients who wish to understand the underlying physiology of stress.

[Read Psychological Trauma: Healing Its Roots in Brain, Body and Memory Online](#)[Download PDF Psychological Trauma: Healing Its Roots in Brain, Body and Memory](#)

You May Also Like



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Read Book »](#)



Programming in D: Tutorial and Reference

Ali Cehreli, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The main aim of this book is to teach D to readers who are...

[Read Book »](#)



Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on...

[Read Book »](#)



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Read Book »](#)



A Parent s Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This lively, colorful guidebook provides everything you need to know...

[Read Book »](#)