



The Transparent Brain in Couple and Family Therapy: Mindful Integrations with Neuroscience

By Suzanne Midori Hanna

Taylor Francis Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Why should family therapists care about brain research? Are there invisible connections between the breakdown of our relationships and the breakdown of our cells? To answer these questions, author Suzanne Hanna paints pictures of ancient principles coming together with contemporary research as a context for why basic concepts of neuroscience are relevant to couple and family therapy. She illustrates the reciprocal nature of the body and relationships in a book that simplifies and demystifies brain science for therapists. Using the latest findings from affective and cognitive neuroscience, she highlights 6 brain-friendly family therapy approaches and introduces the concept of biological empathy. This analysis enables practitioners to harness the power of mindfulness toward brain development and interpersonal healing. Client-friendly language allows busy therapists to educate without jargon. Applications of family therapy begin with the self of the therapist and advance through the interpersonal layers of attachment, pair-bonding, and community. Chapters include topics on: * Whole body awareness * A narrative approach to neuroanatomy and physiology * 5 basic principles of neuroscience * Basics of trauma treatment * Male/female brain differences in...



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