



Trauma and the Body: A Sensorimotor Approach to Psychotherapy

Pat Ogden , Kekuni Minton , Clare Pain , Daniel J. Siegel (Foreword by) , Bessel A. van der Kolk (Foreword by)

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Psychotherapists who have been trained in models of psychodynamic, psychoanalytic, or cognitive therapeutic approaches are skilled at listening to the language and affect of the client. They track the clients' associations, fantasies, and signs of psychic conflict, distress, and defenses. Yet while the majority of therapists are trained to notice the appearance and even the movements of the client's body, thoughtful engagement with the client's embodied experience has remained peripheral to traditional therapeutic interventions. *Trauma and the Body* is a detailed review of research in neuroscience, trauma, dissociation, and attachment theory that points to the need for an integrative mind-body approach to trauma. The premise of this book is that, by adding body-oriented interventions to their repertoire, traditionally trained therapists can increase the depth and efficacy of their clinical work. Sensorimotor psychotherapy is an approach that builds on traditional psychotherapeutic understanding but includes the body as central in the therapeutic field of awareness, using observational skills, theories, and interventions not usually practiced in psychodynamic psychotherapy. By synthesizing bottom-up and top down interventions, the authors combine the best of both worlds to help chronically traumatized clients find resolution and meaning in their lives and develop a new, somatically integrated sense of self.

Topics addressed include: Cognitive, emotional, and sensorimotor dimensions of information processing • modulating arousal • dyadic regulation and the body • the orienting response • defensive subsystems • adaptation and action systems • treatment principles • skills for working with the body in present time • developing somatic resources for stabilization • processing

Trauma and the Body: A Sensorimotor Approach to Psychotherapy Details

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From Reader Review Trauma and the Body: A Sensorimotor Approach to Psychotherapy for online ebook

Jami says

The information is great, but the presentation is redundant.

Jon Frederickson says

An excellent book on how to integrate bodywork into psychotherapy. Especially important is her chapter on anxiety where she integrates neuroscience into psychotherapy, showing the impacts of anxiety on the patient's cognition in session. Her clinical examples are clear and compelling, particularly her graded approach to exposure. Unfortunately, like many books on body work, this focus is not grounded in any psychological theory of conflict or causation. As a result, bodily activations of feeling, anxiety, and defense are not conceptualized nor are they differentiated. As a result, there is no way for the therapist to assess whether this is anxiety that is too high or a feeling to be explored. So it's a great resource of techniques, but you will have to look elsewhere for an integrated theory and practice for psychotherapy as a whole. Co-Creating Change: Effective Dynamic Therapy Techniques

Alexis says

This was simply an amazing text with respect to working with clients who have experienced trauma. The background information provides a comprehensive, yet understandable, overview of the effects of trauma across the client's experiences in a way that really makes these clients make sense. The therapeutic work outlined uses a heavy sensorimotor process-oriented approach. I was pleasantly surprised at how naturally it seemed like this would fit with the interpersonal process approach to psychotherapy, as well as how simply it could be integrated into third wave cognitive-behavioural therapies like ACT and DBT. Highly recommend.

Dr. Barrett Dylan Brown, Phd says

Granpa says this is good stuff: I trust him.

Erin says

a really interesting book about somatic therapies for dealing with trauma. there is lots on how trauma impacts the brain (and in turn how that relates to the body). fairly accessible, though sometimes overly technical for a non-specialist reader. overall an interesting and informative book

Mira says

"Sanat ovat korvaamattomia trauman hoidossa - ne eivät kuitenkaan kykyne korvaamaan sen huolellista havainnoimista, kuinka asiakkaat yrittävät puolustaa itseään nykyhetkisessä tilanteessa tai kuinka nämä puolustuskeinot syrjäytyvät alkuperäisessä traumatisoivassa tilanteessa."

Luin tätä parin kuukauden ajan kuusiviikkoisen harjoittelujakson aikana ja kokonaisuudessaan läpi vielä sen jälkeen. Ohjauksen ja lukemisen yhteistuloksena sain kyllä aika kovan motivaation opiskella lisää, ja tämä kirja on yksi niistä jotka täytyy ehdottomasti hommata omaan kirjahyllyyn tulevaisuutta varten.

Tom says

available as an ebook

Julene says

Excellent book giving both theory and practice of how to work with trauma. I'm studying her work now in Level I training and plan to use this book for the long haul as a reference text. Her work is built around Hakomi body-centered psychotherapy principles, Pat Ogden had a long stretch working with Ron Kurtz, so I'm reading his books as well. It's all in the lineage with my Continuum movement work and I'm delighted to read these astute psychologists, the pioneers who brought the importance of body work into the therapeutic process.
