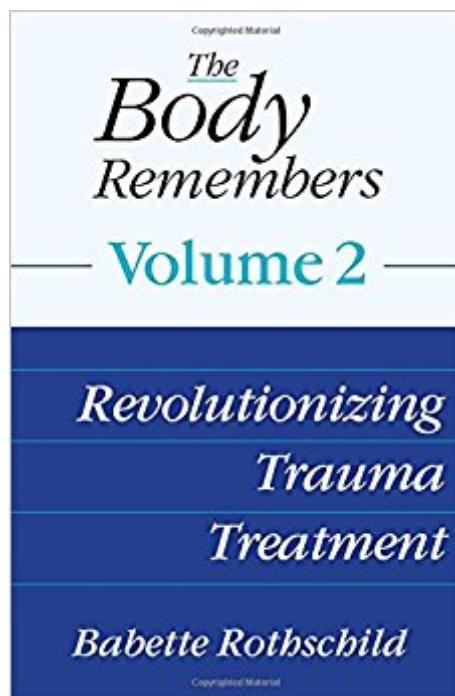


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# The Body Remembers Volume 2: Revolutionizing Trauma Treatment



## Synopsis

Challenging the notion that clients with PTSD must revisit, review, and process their memories to recover from trauma. *The Body Remembers, Volume 2: Revolutionizing Trauma Treatment* continues the discussion begun more than fifteen years ago with the publication of the best-selling and beloved *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. This new book is grounded in the belief that the most important goal for any trauma treatment is to improve the quality of life of the client. Therefore, the first prerequisite is that the client be reliably stable and feel safe in his or her daily life as well as the therapy situation. To accomplish this, Babette Rothschild empowers both therapists and clients by expanding trauma treatment options. For clients who prefer not to review memories, or are unable to do so safely, new and expanded strategies and principles for trauma recovery are presented. And for those who wish to avail themselves of more typical trauma memory work, tools to make trauma memory resolution even safer are included. Being able to monitor and modulate a trauma client's dysregulated nervous system is one of the practitioner's best lines of defense against traumatic hyperarousal going amok—risking such consequences as dissociation and decompensation. Rothschild clarifies and simplifies autonomic nervous system (ANS) understanding and observation with her creation of an original full color table that distinguishes six levels of arousal. Included in this table (and the discussion that accompanies it) is a new and essential distinction between trauma-induced hypoarousal and the low arousal that is caused by lethargy or depression. The full color ANS table is also available from W.W. Norton as a laminated desk reference and a wall poster suitable for framing so this valuable therapeutic tool will always be at hand. Principles and theory come alive through multiple demonstration therapy transcripts that illustrate: Stabilizing a new client who consistently dissociates due to persistent trauma flashbacks; Clarifying and keeping therapeutic contracts; Identifying and implementing hidden somatic resources for stabilization; Easing transition from Phase 1 to Phase 2 trauma treatment via trauma memory outlining; Utilizing good memories and somatic markers as antidotes to traumatic memory; Combining an authoritative yet personal voice, Rothschild gives clinicians the space to recognize where they may have made mistakes—by sharing her own!—as well as a road map toward more effective practice in the future. This book is absolutely essential reading for anyone working with those who have experienced trauma. Tri-fold color insert

## Book Information

Hardcover: 224 pages

Publisher: W. W. Norton & Company (June 20, 2017)

Language: English

ISBN-10: 0393707296

ISBN-13: 978-0393707298

Product Dimensions: 6.5 x 1 x 9.6 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #113,539 in Books (See Top 100 in Books) #135 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #326 in Books > Textbooks > Social Sciences > Psychology > Psychopathology #387 in Books > Medical Books > Psychology > Psychotherapy, TA & NLP

## **Customer Reviews**

Babette Rothschild, MSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is a bestselling author of six books, all published by WW Norton and translated into more than a dozen languages. She is also the creator and Series Editor of the 8 Keys to Mental Health Series. After living and working for 9 years in Copenhagen, Denmark she returned to her native Los Angeles where she is writing her next books while she continues to lecture, train, consult, and supervise professional psychotherapists of all sorts worldwide.

Great read! Well done Babette for challenging the MYTH that practitioners only provide 'real' trauma therapy when "trauma resolution" is achieved. I also found the discussion about the evidence base as well as Babette's expansion on safety and stabilisation to be particularly refreshing. For me the highlights included the expanded ANS chart in the middle of the book, moving HYPO FREEZE AND HYPOAROUSAL to the top of the "Window of Affect Tolerance & Integration" and, like the original volume of The Body Remembers, the case examples Babette's uses of highlight techniques and integrations for a number of clinical tools. As Peter Levine mentions on the back of the book... this book provides a clear understanding of the body's role in healing trauma and is accessible to both the beginning practitioner and adds to the tool kit of more experienced practitioners. Will certainly be recommending this book to my supervisees and colleagues!

It is a hard task to improve on groundbreaking work. Rothschild has done it in this edition.

Integrating a decade of neuroaffective research and clinical experience, Rothschild has moved the

approach to trauma treatment another step forward. By integrating current nervous system research into a clinically useful framework Rothschild has successfully built a new advance on her already solid foundational work. Rothschild reminds us that safety and stability are not to be given lip service and must be well established before trying to resolve traumatic memories. As with all of her books, this is well written and an easy read as Rothschild has mastered the capacity to take complex technical issues and explain them in simple understandable language without loosing the importance. Her innovative chart describing details of autonomic nervous system (ANS) arousal and what to do in each of the six ANS states. I wholly recommend this for both trauma survivors and professionals alike.

Early in my career as a Clinical Social Worker, I worked with Vietnam Vets at The Sepulveda Veteran's hospital. I wish I had read this book then. I know that over the years, treatment ideas have changed about work with PTSD; we too often flooded patients in those days. Babette Rothchild's book, *The Body Remembers*, Volume 2, is not only filled with good suggestions about trauma work, but it is very readable. She combines theoretical ideas with good case examples and alternatives in treatment. Her autonomic nervous system chart is very helpful as a quick reference on symptoms and states of the patient. I am struck by the humanness in Babette's writing, not only about patients but about herself. She is clear in her views about how to work with trauma without being dogmatic. Though I no longer work with trauma patients in my practice, I was able to apply the ideas in my own life as well. I highly recommend this book.

Amazing

Very lightweight and anecdotal when compared to the works of Bessel Van der Kolk and Janina Fisher. May be useful to a therapist who is just starting out to work in the field of trauma.

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