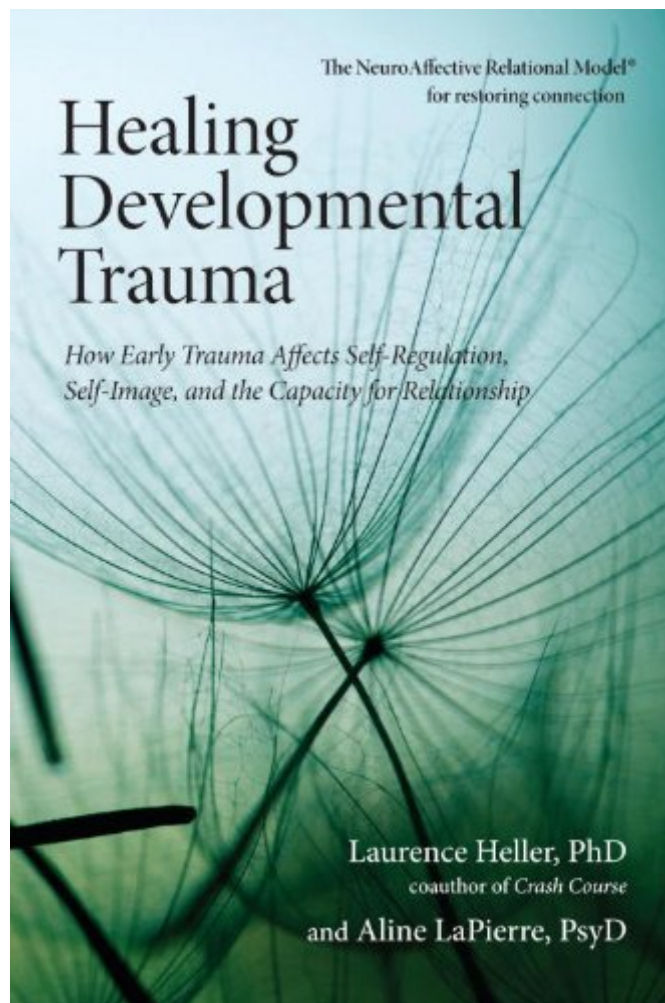


The book was found

Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, And The Capacity For Relationship



Synopsis

Written for those working to heal developmental trauma and seeking new tools for self-awareness and growth, this book focuses on conflicts surrounding the capacity for connection. Explaining that an impaired capacity for connection to self and to others and the ensuing diminished aliveness are the hidden dimensions that underlie most psychological and many physiological problems, clinicians Laurence Heller and Aline LaPierre introduce the NeuroAffective Relational Model® (NARM), a unified approach to developmental, attachment, and shock trauma that, while not ignoring a person's past, emphasizes working in the present moment. NARM is a somatically based psychotherapy that helps bring into awareness the parts of self that are disorganized and dysfunctional without making the regressed, dysfunctional elements the primary theme of the therapy. It emphasizes a person's strengths, capacities, resources, and resiliency and is a powerful tool for working with both nervous system regulation and distortions of identity such as low self-esteem, shame, and chronic self-judgment.

Book Information

File Size: 4265 KB

Print Length: 321 pages

Page Numbers Source ISBN: 1583944893

Publisher: North Atlantic Books; 1 edition (September 25, 2012)

Publication Date: September 25, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B007QMZ7Z8

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #49,634 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23 in Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Neurology > Neuroscience #51 in Kindle Store > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #97 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Self-Esteem

Customer Reviews

Briefly put, this is one of the most important and profound works in the whole trauma literature. The authors' thesis holds that developmental trauma is very different than PTSD. Developmental trauma is radically far-reaching and colors the entire life of those affected by it. The authors outline five different adaptive survival styles used by infants to cope with trauma. The five styles are chronological in order. The first, connective survival style, is the earliest and most impactful. It takes place between birth and about a year. Where the child receives inadequate nurturing or abuse, this style becomes dominant. Other styles come in different times and have their own but less catastrophic impact. In the connection survival style the child adapts by disconnecting from his(or her) physical and emotional self. As a result, the child experiences great difficulty in relating to others and is often isolated without knowing how to address the problem. The other survival styles flow in later stages of infant development progression : attachment (difficulty knowing what we need and feeling that our needs deserve do not deserve to be met), trust (feeling that one cannot depend on anyone but themselves and feeling a need to be in control), autonomy (feeling burdened and pressured with difficulty setting limits and saying no directly), and love-sexuality (difficulty integrating heart and sexuality). The book focuses almost exclusively on the connective survival style. The two authors spend a great deal of time describing the conditions that cause this style and the difficulty that those who use it have with even recognizing it. They also spend several chapters outlining how to address the connective survival style therapeutically.

[Download to continue reading...](#)

Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship
Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126)
Imagery and Disease: Image-Ca, Image-Sp, Image-Db : A Diagnostic Tool for Behavioral Medicine
Developmental Programming for Infants and Young Children: Volume 2. Early Intervention
Developmental Profile. Revised Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)
Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)
The Child Survivor: Healing Developmental Trauma and Dissociation
The Zuckerman Parker Handbook of Developmental and Behavioral Pediatrics for Primary Care (Parker, Developmental and Behavioral Pediatrics)
A Father's Guide to Raising Daughters: How to Boost Her Self-Esteem, Self-Image and Self-Respect
The Wounded Healer: Ministry in Contemporary Society (Doubleday Image Book. an Image Book)
Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower,

Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing) Crisis and Trauma: Developmental-ecological Intervention (Crisis Intervention) The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy Committed to Love, Separated by Distance: How to Thrive in Your Long Distance Relationship (Relationship and Dating Advice for Women Book 8) The Relationship Skills Workbook: A Do-It-Yourself Guide to a Thriving Relationship

[Dmca](#)