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The Body Remembers | SOMATIC TRAUMA THERAPY

As a memory scientist, this book is absurd and dangerous. The body does not remember anything--neurons remember information via LTP, etc. Memories are not stored in the body. This is a dangerous notion because it may lead to the possibility that sensations are long lost memories of abuse--leading to false memories and/or false accusations.

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The somatic techniques are chosen with an eye to making trauma therapy safer while increasing mind-body integration. Packed with engaging case studies, The Body Remembers integrates body and mind in the treatment of posttraumatic stress disorder. It will appeal to clinicians, researchers, students, and general readers.

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Her recent book 'The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment', is not so much a treatment approach as a thorough account of the physiological research into trauma, and an integration of this research to treatment, showing how trauma therapy requires flexibility and self-awareness above all else.

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