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The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Books (Hardcover)) Hardcover
- 1 Nov. 2000 by Babette Rothschild (Author)

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The body remembers:
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treatment. New York,
NY: WW Norton & Co.
Levine, P. (2010). In an
unspoken voice: How
the body releases
trauma and restores
goodness. Berkeley,
CA: North Atlantic
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(2014). The body keeps the score: Mind, brain and body in the transformation of trauma.

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traumatized hold an implicit memory of traumatic events in their brains and bodies.

That memory is often expressed in the symptomatology of posttraumatic stress disorder-nightmares, flashbacks, startle responses, and dissociative behaviors.

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Psychophysiology of Trauma and Trauma Treatment

I recently read Babette Rothschild's (2000) new book "The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment" (published by W.W. Norton). In this book Babette does a wonderful job of explaining complex psychobiological processes in easy to understand, digestible bites.

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bodies. That memory is often expressed in the symptomatology of posttraumatic stress disorder - nightmares, flashbacks, startle responses, and dissociative behaviors. In essence, the body of the traumatized individual refuses to be ignored.

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