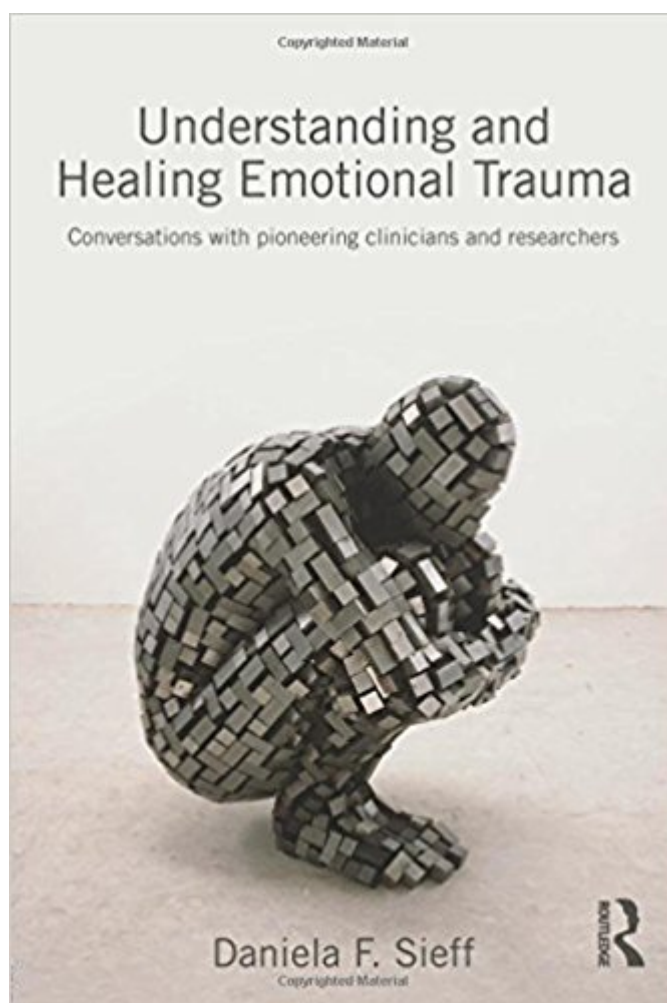


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# Understanding And Healing Emotional Trauma: Conversations With Pioneering Clinicians And Researchers



## Synopsis

Understanding and Healing Emotional Trauma is an interdisciplinary book which explores our current understanding of the forces involved in both the creation and healing of emotional trauma. Through engaging conversations with pioneering clinicians and researchers, Daniela F. Sieff offers accessible yet substantial answers to questions such as: What is emotional trauma? What are the causes? What are its consequences? What does it mean to heal emotional trauma? and How can healing be achieved? These questions are addressed through three interrelated perspectives: psychotherapy, neurobiology and evolution. Psychotherapeutic perspectives take us inside the world of the unconscious mind and body to illuminate how emotional trauma distorts our relationships with ourselves and with other people (Donald Kalsched, Bruce Lloyd, Tina Stromsted, Marion Woodman). Neurobiological perspectives explore how trauma impacts the systems that mediate our emotional lives and well-being (Ellert Nijenhuis, Allan Schore, Daniel Siegel). And evolutionary perspectives contextualise emotional trauma in terms of the legacy we have inherited from our distant ancestors (James Chisholm, Sarah Blaffer Hrdy, Randolph Nesse). Transforming lives affected by emotional trauma is possible, but it can be a difficult process. The insights shared in these lively and informative conversations can support and facilitate that process. This book will therefore be a valuable resource for psychotherapists, psychologists, counsellors and other mental health professionals in practice and training, and also for members of the general public who are endeavouring to find ways through their own emotional trauma. In addition, because emotional trauma often has its roots in childhood, this book will also be of interest and value to parents, teachers and anyone concerned with the care of children.

## Customer Reviews

"Bringing together leading practitioners, researchers, and scholars from all over the world, this collection of diverse perspectives on trauma offers an in-depth, comprehensive, and holistic view of the effects of emotional trauma on our brain, mind, and body. The thoughtprovoking, yet accessible content communicates how distinct professional disciplines in the field of trauma may have many connecting threads. Whether you are an expert in the trauma field or are personally struggling with the aftermath of trauma, this book will provide refreshing new material and expand your scientific and emotional understanding of trauma." — Christine Valdez, PhD, Trauma Psychology, American Psychological Association "As interviewer, Sieff is a subtle and discreet weaver, drawing together the strands of her subjects' ideas. By the end of the book, the reader has the sense of how distinct professional disciplines in the field of trauma, and its healing

through therapy, have many connecting threads. The book also affirms the view that psychotherapy can help and importantly, shines a light on how it does. There is clearly much still to discover but Sieff's book has an important contribution to make to our integrated, holistic understanding of trauma." Tamsin Cottis, Attachment: New Directions in Psychotherapy and Relational Psychoanalysis "This is an intriguing, informative and illustrative book which communicates thought provoking content through an interesting format... I enjoyed this book and found it rich, varied, compelling and thought-provoking. At several times since reading it I have thought of it in relation to work I have been engaged in or colleagues I know. Some aspects of it have stayed with me, like the best and most memorable conversations. The range of perspectives discussed adds to the resonance." Martin Smith, Out of Hours Mental Health Team Buckinghamshire, Journal of Social Work Practice "The interview style of this book creates a stimulating yet accessible read of otherwise complex and profound ideas and concepts. Sieff's well-informed comments and insightful questioning stimulates a rich conversation with the contributors, and often pre-empts the reader's own thoughts." Kirsten M Talbot, Clinical Psychologist, Journal of Child and Adolescent Mental Health "The book creates a common ground where science and research meets compassion and care. Whether you are an expert in the topic of trauma or a parent seeking information on parenting, this book provides essential information that will expand your scientific and emotional understanding on the subject." Anny Reyes, International Journal of Psychotherapy "Understanding and Healing Emotional Trauma drew me through the chapters leaving me asking questions and wanting to read on. As a person working through my trauma this book helped me to see areas I can work on and also inspired me towards reading further, and reading about some of the latest research in the new field of evolutionary psychology was exciting." Rhiannon Jehu, Alcohol and Alcoholism

Daniela F. Sieff is an independent writer and scholar, with a PhD in biological anthropology, and an active interest in the dynamics of the human psyche.

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