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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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The Body Remembers : Babette Rothschild : 9780393703276

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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