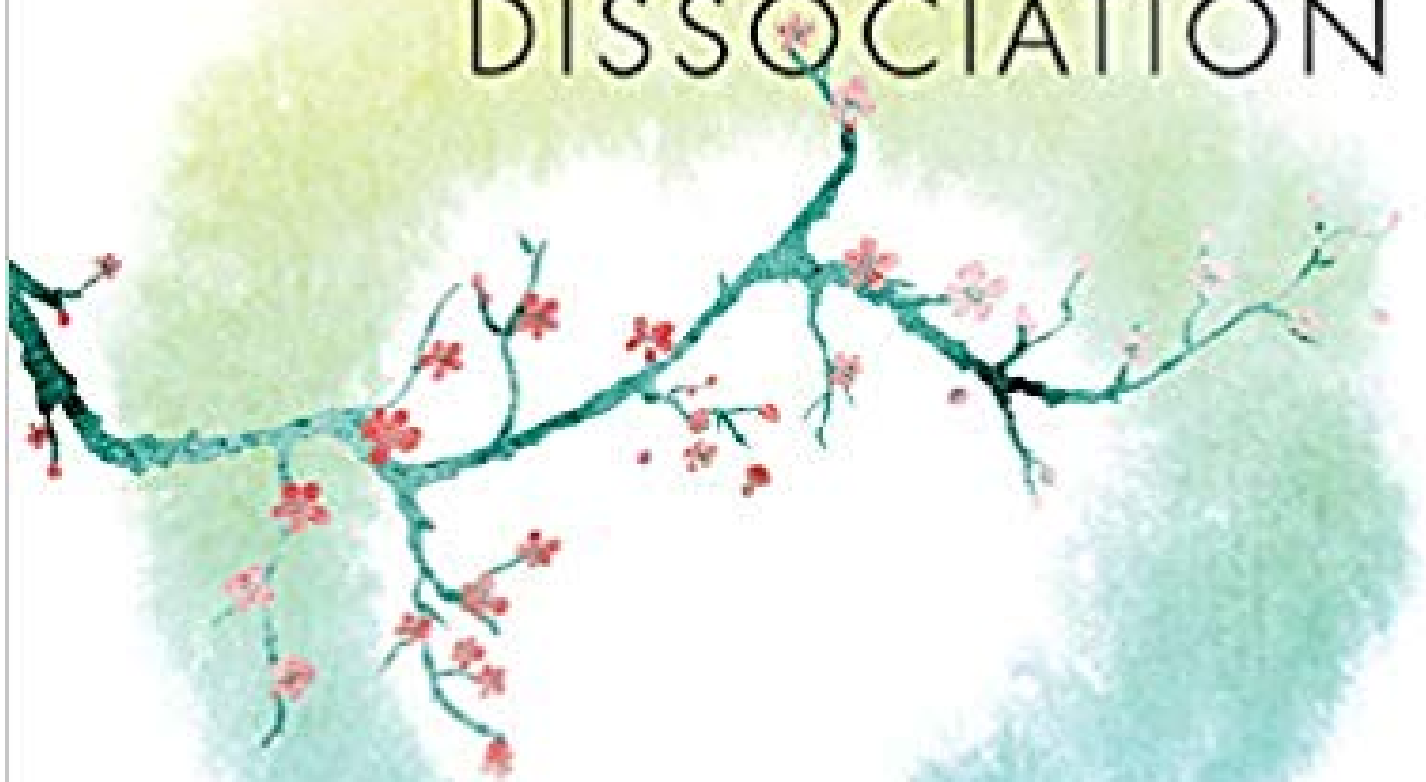


# COPING WITH TRAUMA-RELATED DISSOCIATION



SKILLS TRAINING  
FOR PATIENTS AND  
THERAPISTS

SUZETTE BOON • KATHY STEELE  
ONNO VAN DER HART

Suzette Boon

## Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists (Norton Series on Interpersonal Neurobiology)



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Winner of the 2011 International Culture for the Study of Trauma and Dissociation (ISSTD) Pierre Janet Composing Award. The manual can be used in specific therapy or structured groupings. Topics consist of understanding dissociation and PTSD, using inner reflection, emotion regulation, dealing with dissociative problems linked to triggers and traumatic recollections, resolving sleep issues related to dissociation, dealing with relational troubles, and help with a great many other problems with daily life. This teaching manual for patients who've a trauma-related dissociative disorder includes brief educational pieces, homework linens, and exercises that address ways in which dissociation inhibits essential emotional and lifestyle skills, and support inner conversation and collaboration with dissociative elements of the character. A patient-oriented manual for complex trauma survivors.



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Much less helpful as I'd hoped I actually am in recovery from DID and We had great hopes because of this book but it didn't really help me very much beyond a basic knowledge of why I was suffering as We was. It's extremely psychologically based, and seems to imply that we can alter the reactions in the limbic program in our human brain through a psychological approach. Clients are awed to discover that there is a remedy to the formerly mystical monster that handles them and devours them. Gems on every page -- for anyone who offers experienced trauma, not only dissociation. Solid suggestion for other therapists who function in neuro-scientific trauma. Pat Ogden's Just what I needed! For all those of us who are not fully dissociative, I examine these not "parts" of self but perspectives. David Berceles I appreciate both books but I love this one. By the 3rd session, a memory had surfaced which described it, and she could cope with it and process it in program. I've detailed how these books have helped me in the testimonials I've published on them. Incredibly life changing read. Useful information that breaks down exactly what dissociation related to PTSD can be. There are broader ideas as well but I discover the minutiae of the instructions very helpful and comforting. but triggering... Excellent resource for trauma I have studied trauma which book was helpful for clients and therapists.. BUT end up being warned. Until 1 day it occurred if you ask me that there must be ways to work around dissociations even before you can remove them from your life.... I've certainly sunk into a triggered major depression.. while reading this is completely changing how I am aware myself and some things - it is majorly triggering me... only point out it as a warning for visitors because I was totally unprepared for that component and have found myself struggling now without having prepared myself correctly to cope. The best book upon this subject I have ever read The best book on this subject I've ever read! Incredibly powerful If you and your therapist have found your medical diagnosis to include dissociation, this is a remarkably useful book. Amazing work I can't say enough concerning this book. in fact - shows how powerful the content is. Fantastic Perfect for outside work Obtain it! I am continuing to learn and study, and for the time being I am reaching my clients in a manner that I have by no means had the opportunity to before... I got gotten very discouraged dealing with traumatized females and addicts. The first client I used this publication with had been stuck for quite a while and was sinking deeper and deeper into despair, hopelessness, panic, nervousness and melancholy. She was also morbidly obese. After one session with this manual, she began to have hope, she engaged very actively in the procedure. One of the amazing issues I see about working with these methods is that memories begin to surface area spontaneously, as your client is prepared, and within the context of the treatment, they feel safe to process and talk about the memories. Regarding this particular customer, there was a facet of her abuse that haunted her immensely but she couldn't state why.in addition has given me personally simple exercises I can do at home which have massively reduced my extremely heightened startle response and released plenty of trauma residues from my body. I also thought I had Increase/ADHD and bought some "how exactly to stay organized" books for folks with those problems. This client, as well as others, are enormously reassured and encouraged by the actual fact that abruptly everything makes sense, they aren't the only ones who feel in this manner, and that we now have therapists who have tons of experience working with these symptoms, to the point that they were able to write a publication that both clarifies and will be offering hope. I also work with a lot of addicts and have become convinced that virtually all addicts have problems with DDNOS, and I believe that this treatment should be an integral part of any successful drug abuse treatment. When I introduce some of these ideas in a group of addicts, I possess the full attention of each person, male and female. The use of parts vocabulary is reminiscent of the

Internal Family members Systems modality. I believed I was only a procrastinator- but none of these self-help books came even near helping. While this may work to a particular degree over a very long time period, I feel that it's missing the primary point: trauma is essentially in the limbic program in the brain, and also held in the body... I love the easy language. This work is so miraculous that I've purchased a pile of books all dealing with Polyvagal Theory, Sensorimotor Psychotherapy, Visceral Sensory Neuroscience, etc, to help expand my understanding of how the viscera reacts to trauma, and the role of neuroleptic not really and interception in triggering people to have panic, anxiousness, and to bring out behaviors such as self harming, eating disorders and drug abuse. I found it extremely interesting that the storage surfaced as a film on a screen with no noises or smells, which is usually something the book indicates will happen. When I finally understood that I was dissociating, it felt as being a extravagant label and I didn't know what to do to complete the a down economy of the day brief of "curing" myself. (not finished yet). So I googled "self treatment routine for dissociation" and I came across this incredibly helpful manual. And it truly is a manual.. It occasionally feels like re-learning how to be an adult, this time around without the trauma. Huge because of the authors for composing this book. Wow! Most of our brain reactions are too slow to compensate for the immediate triggering that takes place before we also realise it in our brain. I frequently pined for a practical guide to performing the stuff of daily life in light of my propensity to zone out. I have her other book as well for psychotherapists. This book is usually for lay people. The Revolutionary Trauma Release Procedure: Transcend Your Toughest Moments I love that it dives correct in and doesn't "dumb it straight down" for lay people. In case you are seeing a therapist, this workbook is a great supplemental device. I don't think I know anyone with full-blown dissociation, unless they hide it. However I find a lot of things useful for myself and those I assist, because we all have "voices," like this voice that says we "should" do this or that, also an internal mom, an inner father, an inner Jesus or religious authority, an inner poor boy or "party gal," etc. can be an amazing source that works through what I hoped to gain from this reserve and didn't. We harbor a dominant perspective and multiple additional perspectives, including the spiritual or compassionate perspective which doesn't constantly get a voice. Therefore everything we learn about dissociation, also helps the rest of us to find a harmonious balance!. Great book for operating groups with people with complicated trauma. (at least for me personally) Actually life changing read up to now. They start to request questions and things begin to fall into place for them. Hypo aroused trauma is definitely often hard to detect, this book explains how hypo aroused trauma clients can go unnoticed. Eh After reading it, realized I just have anxiety. Sensorimotor Psychotherapy: Interventions for Trauma and Attachment (Norton Series on Interpersonal Neurobiology) Recommended to me by my therapist! Superb work reserve.. If you cannot afford to see a therapist, this amazing workbook will take you step-by-stage through the process of self-evaluation with profound results. Recommend. that is normally NOT to state anything adverse about the reserve. Not so many books that deal with this issue the way that one does! I really like that it offers exercises. Either way, its well well worth the price and highly recommended. Superb reference Excellent. As a trauma therapist, I value the wealth of understanding from these well-respected authors, and the accessibility of the demonstration. Personally, I recommend two additional books as being far more useful.



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