

TRAUMA AND MEMORY

**BRAIN AND BODY IN
A SEARCH FOR THE LIVING PAST**

*A Practical Guide for
Understanding and Working
with Traumatic Memory*



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Author of It's an Unspoken Voice and Waking the Tiger

FOREWORD BY BEVELA A. VAN DER KOLK, MD

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**Trauma and Memory: Brain and Body in a Search for the
Living Past: A Practical Guide for Understanding and
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In Trauma and Memory space, bestselling author Dr. While acknowledging that memory could be trusted, he argues that the only truly useful remembrances are the ones that might initially seem to be the least reliable: remembrances stored in the torso and not necessarily accessible by our conscious mind. Although some argue that traumatic remembrances are unreliable and not useful, others insist that people absolutely must rely on memory to create sense of past encounter. Building on his 45 years of successful treatment of trauma and utilizing case studies from his very own practice, Dr. Levine suggests that there are elements of truth in both camps. Peter Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial queries of PTSD/trauma therapy: Can we trust our thoughts? By learning how to better understand this complicated interplay of past and present, brain and body, we can adjust our relationship to past trauma and transfer to a more balanced, relaxed state of being. While much function has been done in the field of trauma studies to address "explicit" traumatic recollections in the brain (such as for example intrusive thoughts or flashbacks), much less attention has been paid to how the body itself shops "implicit" memory, and how much of what we think about as "memory" actually comes to us through our (often unconsciously accessed) felt sense. Written for trauma victims along with mental healthcare practitioners, Trauma and Storage is a groundbreaking appear at how memory is constructed and how influential recollections are on our current state of being.



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I actually was disappointed by this book I actually was disappointed by this reserve. Thank you Peter, for being the pioneer you are and for getting everything you have learnt therefore clearly into the world through your writings. After that it discusses his method of Somatic Experiencing and give case studies; it becomes clear that the conversation of memory is mainly to support his discussion of SE. Indeed, everything can be centered around SE, not memory, including his criticisms (which occasionally produced me cringe) of other therapists and researchers. So if you're looking for a fascinating and clearly written account of SE, here it really is, but if you're looking for a broad and objective accounts of traumatic memory space, this isn't it. Five Stars Great information I like how Levine uses the slinky to explain the threat . Gentle.com/memory/ Recommended for almost all trauma therapists and trauma survivors looking for more understanding of memory As a survivor of serious trauma I cried my way through the first section of this book, because the way I knowledge life somehow felt thus validated. Peter obviously really understands the territory and helped me to comprehend my own reactions and memory issues better. A Must to Practice Peter Levine's work is excellent and extremely helpful Easily understandable and added very much to my knowledge about memory . There's so much misinformation around out there in regards to to memory procedures, and Peter has created a really clear explanation of the various kinds of memory and the issues around whether they are reliable. This book also has a very clear description of how to use the SIBAM model and pendulation to help someone to complete thwarted survival and orienting responses from days gone by, and also just on an initial quick read offers better empowered me to end up being with the sensations in my body. I was so very happy to see a book on trauma and memory space, that I jumped to buy it, but though it begins well, discussing the various forms of memory (declarative, episodic, emotional, and procedural), it quickly narrows down into a account of only procedural memory and just a subset of that. Procedural Memory at Last I am a therapist who has studied EMDR and Brainspotting (BSP), both excellent trauma therapies. Excellent and Readable! I'm wondering if the "brain place" that you discover in BSP results from a disruption in the orienting response clearly defined in TRAUMA AND Memory space. Affirming. I also loved his case examples. EMDR taught me how exactly to activate calming acetylcholine with eyes movements that reconsolidates remembrances to an adaptive level by dissolving the distress hormones--adrenalin and cortisol. BSP taught me how to pay attention to visceral sensations (via body organs), and Levine (FINALLY) taught me how to pay attention to and what related to body movements (procedural memory) that happen during processing. Also interesting to learn how the writer uses this understanding to help trauma survivors. Often I think I don't have anything left to learn and then I run into Peter Levine with the whole piece on procedural storage.. Trauma and memory somatic

versus cognitive. I have examine two of Levine's other books previously (Waking the Tiger and Within an Unspoken Voice), and still sensed like I learned extra material about trauma and somatic encountering from this reserve, Trauma and Memory space. Levine writes in an interesting, easy to understand, and readable manner so that you're learning a lot without suffering through mind bending, dried out, and textbook-like material. His way of explaining the different degrees of memory and how traumatic remembrances are formed, kept, and healed was extremely clear and made a lot of sense. In reality, it was so very clear, that I could outline the main concepts and present them for some of my clients and students without any problems.. Five Stars One of the very best books on trauma We ever read Five Stars must read for anybody in the helping professions Complex Post Traumatic Stress, when you had multiple traumas multiple times This is a great book and has helped me a lot more than all the therapists and a huge selection of books I've read, healing techniques etc.If you have a traumatic past please browse this book! Insight Well written and provides important insight.In case you'd like to appear elsewhere, I could recommend the nice (but way too short) discussion in your body Keeps the Score (two chapters), the two interesting books by Lenore Terr (somewhat dated now), and the wonderful web site: <http://www..> I'd definitely recommend this book to others! I love how Levine uses the slinky to describe the threat response.) this book. I've discovered that its somatic, survival brain initial behavior second. I would suggest this book to anybody working with trauma survivors and trauma survivors themselves. We am a clinical psychologist who browse and thoroughly enjoyed (and learned from!. Very easily understandable and added very much to my understanding of memory and what forms of memories generally there are. Thank you Peter! What I really disliked is the component where he describes over and over how unlikley it really is to keep in mind incest after a period of non-remembrance. It is extremely more developed that many-many survivors of childhood trauma your investment traumatic event or occasions for (even a long) period. It is disheareing to read as a survivor in the process of putting your tale together. Yes.jimhopper. Levine has the best description of how numerous kinds of memories work together that I've read thus far. Wise. The best book for CPST!



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