



NURTURING RESILIENCE

Helping Clients Move Forward from Developmental Trauma

AN INTEGRATIVE SOMATIC APPROACH

KATHY L. KAIN AND STEPHEN J. TERRELL

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Kathy L. Kain

Nurturing Resilience: Helping Clients Move Forward from Developmental Trauma--An Integrative Somatic Approach



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Specialists in the physiology of trauma, the authors present an introduction to their innovative somatic strategy that has evolved to greatly help thousands enhance their lives. Kain and Stephen J. Terrell attract on fifty years of their combined clinical and teaching encounter to supply this clear street map for understanding the complexities of early trauma and its related symptoms. A practical, integrated strategy for therapists working with people (both adults and kids) who've been impacted by developmental trauma and attachment difficulties. Kathy L. For therapists working with both adults and children and anyone coping with symptoms that typically arise from early childhood trauma--anxiety, behavioral issues, depression, metabolic disorders, migraine, sleep problems, and more--this book presents fresh hope. It includes the survey used in the groundbreaking ACE Research, which discovered a very clear connection between early childhood trauma and chronic health issues. Synthesizing across disciplines--Attachment, Polyvagal, Neuroscience, Child Development Theory, Trauma, and Somatics--this book offers a new lens by which to comprehend safety and regulation.



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A publication that will assist people understand developmental trauma in a fresh way. As a somatic psychotherapist working with early developmental trauma, this is actually the book I've been waiting for. And it's not that the authors just "inform" you this and you need to accept it, personally I think that it "intuitively" makes sense to me personally now in a manner that it hadn't before. I'm referring it to colleagues and clients who want to understand the origins of emotional and physical symptoms in a new way. yes. The actual content material is fantastic, and provided in a way that is easy to read while still offering specialized info. (Though, being mid-30's, which could always modification.) For just one, it doesn't look like anything especially TERRIBLE will need happened to you to get rid of up with a not well-regulated nervous system as an adult. It appears that you just have to have not really had particularly well-regulated parents, who may have actually cared but been not so well-regulated themselves. This is a tremendous resource that pulls collectively attachment theory, polyvagal theory, brain advancement and trauma physiology into one cohesive and readable book. I think about this about as easy to read as a reserve like Peter Levine's *Waking the Tiger*, but it's a lot better referenced; it's far easier to learn than Levine's *In an Unspoken Voice* (which I didn't quite full but may try again after this one) but maybe slightly much less referenced. The typos are mildly distracting, but even worse are sections where the citations end up leading to duplicate lines/paragraphs." I think a lot of these things is not really to the point to be therefore conclusively proven and backed by science, but is well-supported plenty of especially if you trust the authors in addition to what research is cited. This is actually the book I have already been searching for my whole career. Quality problems in Kindle version Purchaser beware: the Kindle edition of the book has many problems. I recommend this far before Stephen Porges' *Pocket Instruction to the Polyvagal Theory*, btw. I think this book does a good job of saying "this is exactly what we've within our clinical practice(s) and here is some technology that fits well with it. We consider myself a reasonably well-read client who considered but didn't go the route of becoming a therapist myself. I highly recommend the hard duplicate of the publication, and suggest against the current Kindle version. Is helping me personally understand developmental trauma in a fresh and realistic way I've read half of it so far, in a few days, and I think I'm really "obtaining" developmental trauma. yes. The authors pull jointly details from attachment theory, polyvagal theory, brain advancement and trauma physiology, developmental and complicated trauma, all in a manner that is easy to learn and apply to your work. In line with the way they are presenting their work, personally I think pretty trusting toward them. yes. I have a solid foundation in some of these areas, but I am really appreciating how most of these layers are pulled apart and then put back collectively in this book. A significant, well-written book I am a parent, not a professional, but would recommend this to anyone wishing to get a a lot more in-depth understanding of developmental trauma, Polyvagal Theory, attachment, and just why it can be therefore complicated and frustrating to greatly help traumatized people go back to circumstances of resilience and felt protection. The authors have so much encounter between them, and their good examples help provide the theoretical points alive. Any mental health professional who professes to becoming "trauma informed" should be necessary to read this book. *Clear Path for Healing* I found *Nurturing Resilience* an extraordinary book. Reading this book has enriched my somatic use trauma survivors. I highly recommend it. *Incredible Resource* Pertinent, reader-friendly book with useful applications throughout <3 Five Stars Help for the helpless (or not so knowledgeable)



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