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## **The Body Remembers | SOMATIC TRAUMA THERAPY**

As a memory scientist, this book is absurd and dangerous. The body does not

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remember anything--neurons  
remember information via  
LTP, etc. Memories are not  
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abuse--leading to false  
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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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thought that people who have been traumatized hold an implicit memory of traumatic events in their brains and bodies. That memory is often expressed in the symptomatology of posttraumatic stress disorder—nightmares, flashbacks, startle responses, and dissociative behaviors.

**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

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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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