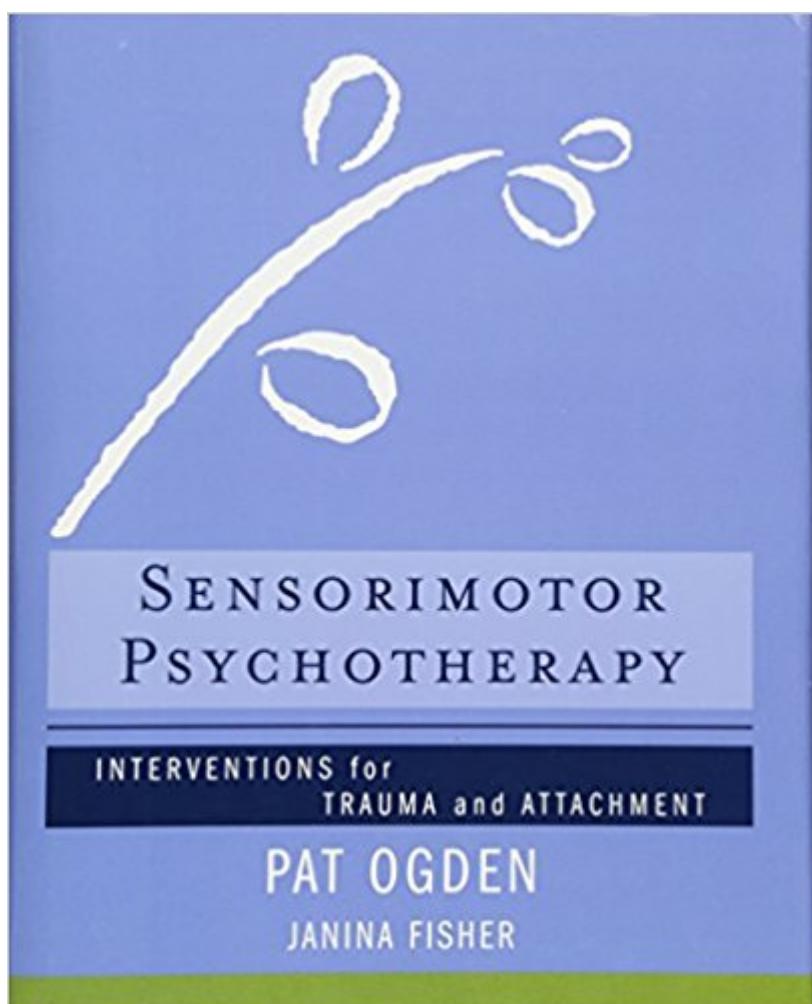


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# **Sensorimotor Psychotherapy: Interventions For Trauma And Attachment (Norton Series On Interpersonal Neurobiology)**



## Synopsis

A book for clinicians and clients to use together that explains key concepts of body psychotherapy. The body's intelligence is largely an untapped resource in psychotherapy, yet the story told by the somatic narrative -- gesture, posture, prosody, facial expressions, eye gaze, and movement -- is arguably more significant than the story told by the words. The language of the body communicates implicit meanings and reveals the legacy of trauma and of early or forgotten dynamics with attachment figures. To omit the body as a target of therapeutic action is an unfortunate oversight that deprives clients of a vital avenue of self-knowledge and change. Written for therapists and clients to explore together in therapy, this book is a practical guide to the language of the body. It begins with a section that orients therapists and clients to the volume and how to use it, followed by an overview of the role of the brain and the use of mindfulness. The last three sections are organized according to a phase approach to therapy, focusing first on developing personal resources, particularly somatic ones; second on utilizing a bottom-up, somatic approach to memory; and third on exploring the impact of attachment on procedural learning, emotional biases, and cognitive distortions. Each chapter is accompanied by a guide to help therapists apply the chapter's teachings in clinical practice and by worksheets to help clients integrate the material on a personal level. The concepts, interventions, and worksheets introduced in this book are designed as an adjunct to, and in support of, other methods of treatment rather than as a stand-alone treatment or manualized approach. By drawing on the therapeutic relationship and adjusting interventions to the particular needs of each client, thoughtful attention to what is being spoken beneath the words through the body can heighten the intimacy of the therapist/client journey and help change take place more easily in the hidden recesses of the self. 100 illustrations

## Book Information

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## Customer Reviews

Ã¢ "This encyclopaedic work is a treasure trove of practical information and ready-to-use materials that you can utilize over a clientÃ¢ 's entire healing journey. . . . Already IÃ¢ 've gleaned much from the book that can enhance my work with clients, both those who have suffered trauma and those who have not. . . . What I appreciate most is the pragmatic approach Ogden and Fisher have taken in creating something much like a workbook for therapists in practice. There is a beautiful and logical flow to both the theory and the practical worksheets for therapists both old and new to the world of trauma therapy.Ã¢ " - The NeuropsychotherapistÃ¢ "[G]reat for therapists who want to learn more about how the brain-body connection influences the lives of clients Ã¢ 's their emotions, cognitions, and physiological responses. . . . Ogden and Fisher make it easy to integrate the bookÃ¢ 's exercises into therapy sessions, and to use the text directly with clients. In turn, clients who recognize that their traumatic experiences affect both the mind and the body may finally find some healing.Ã¢ " - PsychCentralÃ¢ "[I]ncorporating both a practical and theoretical perspective. . . . serves to bridge the gap between body psychology and other modalities. . . . [E]xplicitly for students and professionals, the vast amount of information presented makes it useful for practitioners of all degrees of experience.Ã¢ " - Somatic Psychotherapy TodayÃ¢ "It has been said that the body is the unconscious in its most immediate form. In Sensorimotor Psychotherapy, Pat Ogden shares with the reader the reality of this miracle as a here-and-now relational adventure that brings its full psychotherapeutic meaning to life. In a feat that approaches wizardry, the affective power of the body becomes so clearly grasped as a channel of communication within and between people that the physical is expanded beyond neuroscience, and neuroscience is therapeutically expanded beyond the individual brain/mind and the individual body. Simply put, Pat Ogden is not only a thrilling author but, for many readers, may be transformational.Ã¢ " - Philip M. Bromberg, PhD, author, *The Shadow of the Tsunami: and the Growth of the Relational Mind*Ã¢ "This magnificent book is the last word on the Ã¢ "Esonian narrativeÃ¢ 'sÃ¢ 'the nonverbal language of gestures, postures, and facial expressions that reflect the inner maps that determine our orientation to our surroundings. Pat

Ogden brilliantly explores how our fundamental engagement to the world is not primarily expressed in words or concepts, but by the way we habitually move and connect. Profound in its fundamental insights, thorough in its scientific underpinnings, and practical in its applications, this eminently accessible book promises to be the preeminent guide for therapists and patients alike to explore and transform persistent maladaptive behavior patterns. I hope that every therapy training program will put Sensorimotor Psychotherapy near the top of its required reading list. - Bessel van der Kolk, MD, Medical Director Trauma Center at Justice Resource Institute; Professor of Psychiatry, Boston University School of Medicine

“Sensorimotor Psychotherapy is a landmark book in the history of body psychotherapy and effectively provides the bridge between traditional psychotherapy and body-oriented therapies. In this discipline-changing volume, Pat Ogden brilliantly decodes the crucial role that the body plays in regulating physiological, behavioral, and mental states. The book provides an accessible tutorial that will enable the reader to understand the voice and vocabulary of the body. We learn that even when the spoken word fails the body dynamically communicates in a complex social world through gestures, postures, facial expressions, and vocalizations. Sensorimotor Psychotherapy equips the reader, whether clinician or client, with the tools necessary to link the intuitions of the body and the words of the personal narrative.”

- Stephen Porges, PhD, Professor, Department of Psychiatry, University of North Carolina, Chapel Hill; author of *The Polyvagal Theory*

“Sensorimotor Psychotherapy by Pat Ogden is a must-read for psychoanalysts interested in nonverbal communication, dissociation, and trauma. This sophisticated book provides a remarkable integration of theory and clinical practice, informed by research in trauma, attachment, infancy, and neurobiology, as well as by psychoanalysis. Through mindful moment-by-moment observation of experience, Ogden draws our attention to the somatic narrative, which may be different from the verbal narrative. Our habitual postures, alignment, gestures, and rhythms are intelligent adaptations to past experiences, but they may sustain outdated coping strategies. The book offers a rich array of entry ports into these habitual strategies, focusing on the body as the target of therapeutic action. Pat Ogden’s work makes an outstanding contribution to our field.”

- Beatrice Beebe, PhD, Clinical Professor of Medical Psychology, College of Physicians and Surgeons, Columbia University, New York State Psychiatric Institute

Pat Ogden, PhD, is the founder and director of the Sensorimotor Psychotherapy Institute. She lives in Boulder, Colorado. Janina Fisher, PhD, a clinical psychologist and instructor at the Trauma Center, lives outside Boston, Massachusetts.

This book is an amazing resource. It feels like being able to sit down with a trauma expert any hour of the day and learn something really valuable. As a trauma survivor I have already gained huge insight and shifted on a major issue I've been stuck on forever in just the few days I've been working with this book, and learnt so much about my reactions. It's written in a very easy to read style, given the dense material it covers; and the worksheets make it so real, really helping you to internalise the learnings and discover so much about yourself. While it is written with the intention of exploring with the help of a therapist, it is so clear it is of real use to trauma survivors who don't currently have a therapist to guide them through the process: while as the authors say a book cannot replace a therapeutic relationship, this book covers so much education and things to help you realise why you react the way you do, that it goes a long way to helping even without a therapist to support the process. It's like a map and a guidebook that gives you a sense of the way ahead and how to navigate it. As a trauma survivor currently not working with a therapist, this resource is invaluable to me; and I can see it would be a valuable resource for anyone wondering if they are getting what they need to out of working with their current therapist too. If you, as either therapist or client, are skeptical about the need to include the somatic in therapy, this book is likely to convince you. I've heard too many trauma survivors say that talking about what happened is the real therapy and the somatic interventions are just like band-aids: this book is likely to help you to see that as trauma and attachment issues reside in the more primitive parts of our brain, whose language is rooted far more in the somatic than verbal, working with the body in this way is essential for real healing. There are so many trauma survivors who are in talk therapy and are just as destabilised years into therapy as when they began, and this book contains the skills they need to learn to be able to move forward with their healing and be more functional with the challenges of daily life. An incredible amount of work must have gone into creating this, it is so educational and the worksheets are so well laid out. I hope this becomes a text for every trainee therapist to read (and every experienced one too!) I recommend getting the print version unless you have a big screen on your computer to be able to view the worksheets (it is really set up for printed rather than reading on a kindle, the worksheets are pretty much impossible to read on my kindle screen). Huge thanks to the authors for the incredible amount of work that must have gone into creating such a phenomenal resource; and for your really generous sharing of your knowledge and processes. Update: I thought I'd post an update after working with the book for a while. I'm really starting to understand my reactions so much better as a result of working with this book. I am in recovery from DID and find the sections on adapting the material for highly dissociative clients invaluable. I think I've come to understand the DID better

from this book than the vast amount of books I've read specifically on DID. I wish everyone who is highly dissociative could work with this material, it can make such a difference.

The book content is perfect. But the book doesn't work for Kindle. The handouts, a MAJOR FEATURE of this book, are too small to read on my Mac. I have to switch to my iPhone, and enlarge each one and then switch back to the Mac. Reading the book is hard on an iPhone. because the material is too rich for such a small screen. If I could copy the diagrams and paste them into a MSWord document, I wouldn't complain. But I cannot copy them - the message reads, "No text to copy." Hope this issue is corrected on Kindle or that the book is no longer offered on Kindle. To expensive to buy the book again. Frustrating.

Very accessible in turning years of clinical experience (e.g., somatic, psychodynamic; trauma) and a variety of theories and research (developmental, attachment, trauma, neurobiology, mindfulness, to name some major ones), into a book that clinicians will find helpful and useful. I am already using some of the worksheets and some of the info for the balance of psychoeducation as well as therapeutic work. Whenever sensorimotor psychotherapy lands for clients, they want more of the sensorimotor work! They may not understand it (yet), but their organic experience would simply lead them to say, with mindful reflectiveness, "This is good...I want more..." A much appreciated thanks to Pat Ogden and Janina Fisher for putting together such rich and relevant material!

This is an amazing resource! As a therapist it gives me tool for both trauma and developmental issues that are clinically supported and developed from years of refinement with clients. Pat Ogden is the leader in the field of somatic therapy and has integrated the leading scientific advances in neurology, attachment theory and trauma work all in one practical and effective somatic model.

A must have for any psychological or body worker in understanding trauma. Talk therapy has its place, but we also need to consider the body and how it holds and gives messages about trauma. Ogden's book is practical and understandable.

What I like most about this book is the worksheets for clients. Sensorimotor Psychotherapy, a body centered approach, for developmental and event trauma is an amazing tool for clinicians. Whether or not you take the training and if you are a client, this book by two of the most talented clinicians in the field, will be a valuable resource.

Good book that covers very well somatic based therapy. The ability to listen to what your body is telling you is very compelling and has played a major part in changing my life.

Good

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