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value in understanding the psychophysiology of trauma and knowing what to do about its manifestations.

The Body Remembers, The Psychophysiology of Trauma and ...

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment Babette Rothschild. She has written several articles on trauma and posttraumatic stress. After living and working for nine years in Denmark, she has returned to Los Angeles, where she maintains a private practice while offering professional training, consultation, and supervision throughout the United States and Europe.

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In The Body Remembers, Babette Rothschild beautifully succeeds in bridging this gap. She not only provides a clear window on this very important subject, but also presents a highly practical integration of the psychophysiology of trauma and the ways in which clinicians may assist trauma survivors to resolve the effects of overwhelming experience on mind and body.

**9780393703276: The Body Remembers: The
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I recently read Babette Rothschild's (2000) new book "The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment" (published by W.W.

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Norton). In this book Babette does a wonderful job of explaining complex psychobiological processes in easy to understand, digestible bites.

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is the primary force for healing trauma.**

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