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El cuerpo recuerda: La psicofisiología del trauma y el tratamiento del trauma (Spanish Edition)

Babette Rothschild

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Es muy valioso, tanto para los clínicos como para sus clientes, comprender la psicofisiología del trauma y saber qué hacer con sus manifestaciones. Este libro ilumina esa fisiología, ofreciendo una luz sobre el impacto del trauma en el cuerpo y el fenómeno de la memoria somática.
Ahora se sabe que las personas que han sido traumatizadas conservan una memoria implícita de eventos traumáticos en sus cerebros y cuerpos. Esa memoria se expresa a menudo en la sintomatología del trastorno de estrés postraumático: pesadillas, flash-backs, reacciones asustadizas y conductas disociativas. En esencia, el cuerpo de la persona traumatizada se niega a ser ignorado.
Mientras reduce la brecha entre la teoría científica y la práctica clínica y crea puentes entre la terapia de conversación y la terapia corporal, Rothschild presenta principios y técnicas no invasivas para dar al cuerpo su lugar. Las técnicas somáticas que utiliza logran hacer la terapia de trauma más segura a la vez que aumenta la integración mente-cuerpo.

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