



# Relational and Body-Centered Practices for Healing Trauma: Lifting the Burdens of the Past

By Sharon Stanley

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**Relational and Body-Centered Practices for Healing Trauma: Lifting the Burdens of the Past** By Sharon Stanley

*Relational and Body-Centered Practices for Healing Trauma* provides psychotherapists and other helping professionals with a new body-based clinical model for the treatment of trauma. This model synthesizes emerging neurobiological and attachment research with somatic, embodied healing practices. Tested with hundreds of practitioners in courses for more than a decade, the principles and practices presented here empower helping professionals to effectively treat people with trauma while experiencing a sense of mutuality and personal growth themselves.

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### Editorial Review

#### Review

*"Relational and Body-Centered Practices for Healing Trauma* is a remarkably compelling blend of interdisciplinary theory and applied case material. The science is accurate, and the clinical material is absorbing. Sharon Stanley's integration of anthropological and cultural material with relational body techniques is unique. This book will have an indelible impact on the field."

Allan Schore, PhD, author of *Affect Regulation and the Origin of the Self* and *The Science of the Art of Psychotherapy*

"Sharon Stanley has written a brilliant and comprehensive testament to the absolute necessity of including the somatic connection between the body and the brain in healing trauma. She explores the emerging literature linking the neurophysiology of the fight/flight limbic system, the autonomic nervous system, and the right-brain centers for procedural memory and modulation of arousal with techniques that re-regulate homeostasis. Detailed case studies provide a manual for specific body-based interventions. This book is a must read for therapists."

Robert Scaer, MD, author of *The Trauma Spectrum* and *The Body Bears the Burden*

"What a marvelous book! *Relational and Body-Centered Practices for Healing Trauma* is an amazing integration of developmental neuroscience and clinical psychotherapy. Well written and engaging, it provides plenty of examples to facilitate applied understanding in somatic healing. It will be an excellent resource for clinicians of all stripes, with step-by-step illustrations of therapeutic approaches."

Darcia Narvaez, PhD, author of *Neurobiology and the Development of Human Morality: Evolution, Culture, and Wisdom*

#### About the Author

Sharon Stanley, PhD, is an educator and psychotherapist in private practice on Bainbridge Island, Washington, where she also develops and facilitates courses on Somatic Transformation, a two-year curriculum for healing trauma.

### Users Review

#### From reader reviews:

**Karla Whisenant:**

The ability that you get from Relational and Body-Centered Practices for Healing Trauma: Lifting the Burdens of the Past is the more deep you rooting the information that hide in the words the more you get thinking about reading it. It does not mean that this book is hard to comprehend but Relational and Body-Centered Practices for Healing Trauma: Lifting the Burdens of the Past giving you enjoyment feeling of reading. The copy writer conveys their point in specific way that can be understood by anyone who read the idea because the author of this reserve is well-known enough. This book also makes your own vocabulary increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We propose you for having this specific Relational and Body-Centered Practices for Healing Trauma: Lifting the Burdens of the Past instantly.

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**Penny Laughlin:**

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