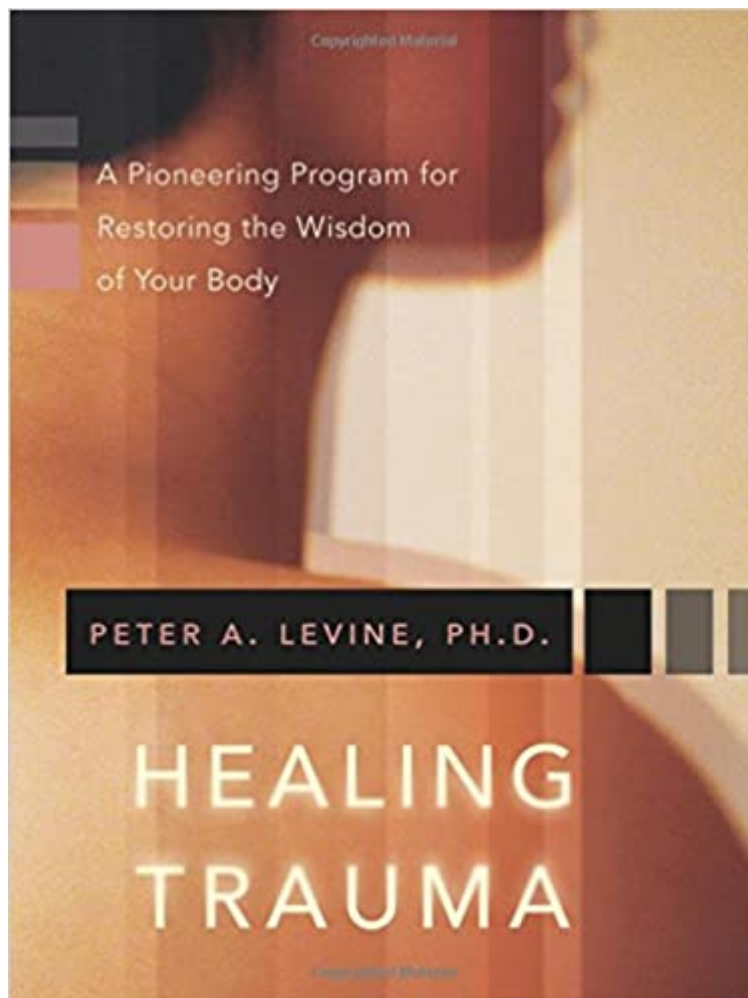




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# Healing Trauma: A Pioneering Program For Restoring The Wisdom Of Your Body



## Synopsis

Researchers have shown that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful "acting out" behaviors. Today, professionals and clients in both the bodywork and the psychotherapeutic fields nationwide are turning to Peter A. Levine's breakthrough Somatic Experiencing® methods to actively overcome these challenges. In *Healing Trauma*, Dr. Levine gives you the personal how-to guide for using the theory he first introduced in his highly acclaimed work *Waking the Tiger*. Join him to discover: how to develop body awareness to "renegotiate" and heal traumas by "revisiting" them rather than reliving them; emergency "first-aid" measures for times of distress; and nature's lessons for uncovering the physiological roots of your emotions. "Trauma is a fact of life," teaches Peter Levine, "but it doesn't have to be a life sentence." Now, with one fully integrated self-healing tool, he shares his essential methods to address unexplained symptoms of trauma at their source-the body-to return us to the natural state in which we are meant to live.

## Book Information

Paperback: 112 pages

Publisher: Sounds True; Pap/Com edition (October 1, 2008)

Language: English

ISBN-10: 159179658X

ISBN-13: 978-1591796589

Product Dimensions: 6 x 0.5 x 8 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 138 customer reviews

Best Sellers Rank: #26,665 in Books (See Top 100 in Books) #105 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing #112 in Books > Self-Help > Stress Management #124 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## Customer Reviews

A revolutionary body-based therapy for healing from physical trauma and abuse, inspired by the way animals release traumatic stress in the wild. --This text refers to an out of print or unavailable edition of this title.

Peter A. Levine, PhD, has spent 45 years studying and treating stress and trauma. He holds a doctorate degree in medical biophysics from the University of California at Berkeley and in

psychology from International University. He is the developer of Somatic Experiencing® , a naturalistic approach to healing trauma. He has practiced and taught at treatment centers, hospitals, and pain clinics throughout the world, and has dealt with a wide range of trauma, including accidents, rapes, assaults, abuse, and invasive medical procedures. Peter was a stress consultant for NASA during the development of the Space Shuttle program. He served with the Institute for World Affairs Task Force for "Psychologists for Social Responsibility" and the American Psychological Association "Presidential Initiative on Responding to Large-Scale Disasters and Ethno-Centric Warfare." He is also the bestselling author of *Waking the Tiger* (published in 22 languages), as well as several other books and audio programs that teach people how to use the body as a tool in resolving trauma. Peter is the founder of the Foundation for Human Enrichment, based out of Boulder, Colorado, which now has a membership of 5,000 Somatic Experiencing® training practitioners worldwide. His current interests include prevention of trauma in children, for which he has published two books, his most recent being *Trauma-Proofing Your Kids: a Parent's Guide to Instilling Confidence, Joy, and Resilience*.

In my 5 years of dedication to healing through PTSD, from childhood trauma into adult independence, I have never experienced struggling harder than through Somatic Experiencing & Dr. Levine's practices here. This has been much harder than in previous times, and a much slower process. I share this for anyone who may be in self-doubt or doubt of Dr. Levine's work, to reassure you that the effort is hard but it's worth it. My biggest problem is moving from my head into my body, however, I am slowly climbing mountains- and Dr. Levine's work is unique, unlike any other approach I've experienced. It's not easy and it's not supposed to be easy. Somatic Experiencing focuses directly on the work that needs to be done. To care about your body enough to go through mundane, extremely simple exercises and be dedicated. In 3 years I had been to 13 different doctors in fields of psychology and neurology. I had only a few good experiences, and only in finding Somatic Experiencing have I discovered something radically different. It reminds me of what I learned in overcoming a visceral, biological anti-needle reaction. Your brain doesn't change until your body does. It's not perfect, it's not easy, you may have the greatest doubts and least faith in the midst of these exercises. It might feel boring and uneventful, as if you are doing nothing and it doesn't feel traumatic or even real. But that is just part of how it is, when we are numb, stuck off, unaware, or stuck on, blind. There is no "wrong" way to do these exercises. At first I could feel that I was bad at them somehow, and I had to just keep doing it poorly to get through those bad parts and get better. Doing it poorly was freeing enough that it allowed me to get better. The difficulty of these

exercises helped me realize that I don't have to have high standards or be so great at achieving this healing, I can take it much slower. For much of my life, I have been able to lean on my over-active mind as a crutch, a spontaneous creator. But to really learn, I have to struggle. It has to be uncomfortable. I would recommend these exercises to anyone struggling to get out of repetitious habits, addictions, or struggling to gain autonomy & willpower.

Don't buy this book on Kindle. The book is great--really sensitive and helpful approach. However, the healing process depends on doing the exercises that are included with the book as a CD. There is no CD or links to these exercises when you get the Kindle.

My homeopathic doctor recommended this book. It is very insightful and gives you background and reasoning as well as ways to heal. I am also a Life Coach and will be recommending this as a resource to my clients.

love these books helped a lot in understanding the trauma mechanism in myself and others. This book comes with dvd. Other books of Peter Levine great too.

I liked that the author provided steps and exercises to assist in processing trauma. I also use the audible version which helps me practice the exercises to see the effects before engaging clients in the activities.

A useful book, good information. The writing style is somewhat redundant. Writer could have had a better editor, made a shorter, more concise book, IMO.

Levine's Healing Trauma is an excellent resource for those recovering from the impacts of trauma as well as for professionals caring for individuals recovering from trauma. His explanation of the biology of trauma and the steps toward restoration is written in compassionate and easy to comprehend language.

I am still working thru this book, and cd. But there has been a lot of insight for me in this.

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