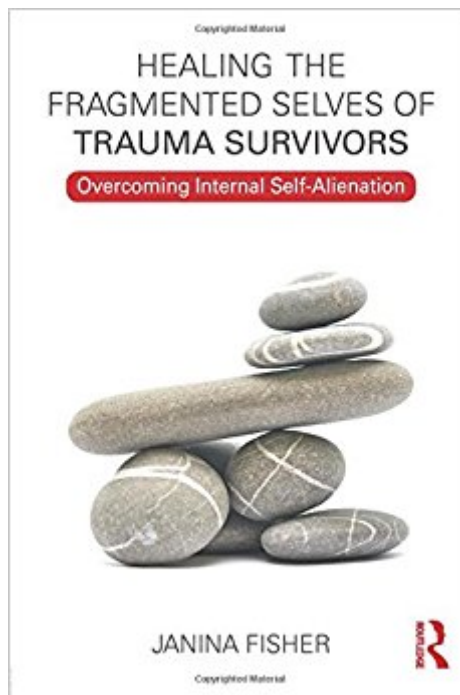




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# Healing The Fragmented Selves Of Trauma Survivors: Overcoming Internal Self-Alienation



## Synopsis

Healing the Fragmented Selves of Trauma Survivors integrates a neurobiologically informed understanding of trauma, dissociation, and attachment with a practical approach to treatment, all communicated in straightforward language accessible to both client and therapist. Readers will be exposed to a model that emphasizes "resolution"—a transformation in the relationship to one's self, replacing shame, self-loathing, and assumptions of guilt with compassionate acceptance. Its unique interventions have been adapted from a number of cutting-edge therapeutic approaches, including Sensorimotor Psychotherapy, Internal Family Systems, mindfulness-based therapies, and clinical hypnosis. Readers will close the pages of Healing the Fragmented Selves of Trauma Survivors with a solid grasp of therapeutic approaches to traumatic attachment, working with undiagnosed dissociative symptoms and disorders, integrating "right brain-to-right brain" treatment methods, and much more. Most of all, they will come away with tools for helping clients create an internal sense of safety and compassionate connection to even their most dis-owned selves.

## Book Information

Paperback: 292 pages

Publisher: Routledge; 1 edition (March 5, 2017)

Language: English

ISBN-10: 0415708230

ISBN-13: 978-0415708234

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 12 customer reviews

Best Sellers Rank: #21,538 in Books (See Top 100 in Books) #2 in Books > Medical Books > Medicine > Surgery > Trauma #25 in Books > Textbooks > Social Sciences > Psychology > Neuropsychology #55 in Books > Medical Books > Psychology > Neuropsychology

## Customer Reviews

"This beautifully written, sensitive volume on how to treat the clients that many deem hopeless is a must read for those working with trauma. It will take you to new places and enable you to reach for your clients and find them when they cannot find themselves. Enjoy!" Sue Johnson, PhD, professor, researcher, and author of Love Sense: The Revolutionary New Science of Romantic Relationships

Janina Fisher, PhD, is assistant education director of the Sensorimotor Psychotherapy Institute, an

EMDR International Association (EMDRIA) consultant, and a former instructor at the Trauma Center, a clinic and research center founded by Bessel van der Kolk. Known for her expertise as a clinician, author, and presenter, she is also past president of the New England Society for the Treatment of Trauma and Dissociation, a former instructor at Harvard Medical School, and coauthor (with Pat Ogden) of *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment*.

As a trauma survivor, and someone in recovery from DID, this book is proving to be so powerful for me. I have read very widely on trauma and have learned a little bit from many authors; but this book goes so much further because Fisher brings together understandings from neuroscience; together with learnings of Internal Family Systems Therapy, the Structural Dissociation model and Sensorimotor Psychotherapy, in a way that it's all so applicable to my daily life. Written in a very easy to read style, Fisher walks her talk making sure it's as accessible to trauma survivors as therapists, ensuring that any technical concepts are explained in easy to understand language. It's written with such compassion that Fisher's compassion can't help but rub off on us as we read! This book makes sense of so much that never made sense to me before. I can at long last understand why the parts only hear "the bad stuff

This book is simply brilliant. It provides the reader with an understanding of what structural dissociation looks, sounds, and feels like, as well as a method for healing it that works. Janina Fisher, as a writer, does what she does so well as a clinician and instructor. She gets through to both mind and body in a "felt sense" manner. After reading this book, you will have a "felt sense" understanding, not just an understanding of theory, and it will stick with you and enable you to apply it in practice. As a clinician, I have read many very helpful books about developmental trauma, but this book is exceptional.

This book is an act of triumph! It is an insightful integration of cutting edge trauma science, sensorimotor psychotherapy principles and internal family systems theory. Janina's years of being mindfully present with people struggling with their traumatic past has allowed her to integrate these ideas with a certain poetic prose befitting the sacredness of the healing process. This book provides a framework for helping trauma survivors rise above their traumatic body memories to build a "healing story." I highly recommend it. Thank you for writing this book Janina! Kim from Seattle

Life changing for sufferers of PTSD

This book was life changing to read. I read it from the perspective of a client and also as a graduate student studying clinical mental health counseling and it was amazing and made so much sense to me. It really helped me to understand my dissociated self - a word I was always freaked out about but now better understand that we all dissociate to some degree and have many different parts. I pay more attention to these parts now and hope to one day figure out the integration that the book talks about. This is great for both client and counselor and I am very grateful she took the time to write it because it really does change lives.!!!

This is truly a brilliant book. Janina is masterful in presenting and teaching complex concepts based on cutting edge treatment of trauma. Janina in her work over the years has developed a deeply insightful creative way to use the models, Internal Family Systems, Structural Dissociation and Sensorimotor Psychotherapy. Through mindfulness and skillful understanding of dissociation she has developed a way to work so deeply and effectively with complex trauma survivors. I highly recommend this book. Sally LoGrasso

A lot of new research is currently being done on childhood trauma using MRIs to track brain patterns. Many distinct diagnoses are turning out to be results of childhood abuse. The most frequent result is dissociation, and this is the best book on the market on how to overcome it.

Janina Fisher's ability to clearly put into writing the complex concepts, theoretical and clinical, that constitute the cutting edge of contemporary trauma work, is nothing short of astounding. I have found this book to be invaluable illuminating, a bright guiding light in my clinical work with trauma survivors.

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