



# Healing the Traumatized Self: Consciousness, Neuroscience, Treatment (Norton Series on Interpersonal Neurobiology)

*Paul Frewen, Ruth Lanius*

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A neurobiological explanation of self-awareness and the states of mind of severely traumatized people.

Cultivation of emotional awareness is difficult, even for those of us not afflicted by serious mental illness. This book discusses the neurobiology behind emotional states and presents exercises for developing self awareness. Topics include mood (both unipolar and bipolar), anxiety (particularly PTSD), and dissociative disorders. Frewen and Lanius comprehensively review psychological and neurobiological research, and explain how to use this research to become aware of emotional states within both normal and psychopathological functioning. Therapists will be able to help survivors of trauma, mood disorders, anxiety disorders, and dissociative disorders develop emotional awareness. The book also includes case studies, detailed instructions for clinicians, and handouts ready for use in assessment/therapy with patients/clients.

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