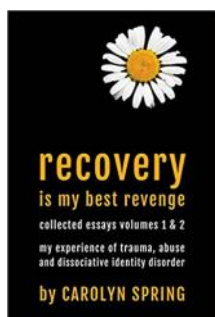


My Top 50 Recommended Books on Trauma and Dissociation by Carolyn Spring



Recovery is my best revenge

Carolyn Spring

For more details and/or to buy, go to: www.carolynspring.com/recovery-book

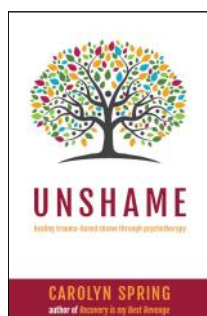
Pages: 180

Publisher: Carolyn Spring Publishing

Publication date: 1 March 2016

Price (new): £12.00

Summary: What is it like to live with dissociative identity disorder? How does the brain respond to chronic, extreme trauma? Is recovery possible from such suffering? In this combined first and second volumes of her collected essays, Carolyn Spring writes candidly from a number of perspectives about her experiences of living with trauma-related dissociation, and her journey of recovery over ten years. This book covers topics such as shame, denial, child sexual abuse, the complex meanings of 'madness' and the multi-layered subjective experience of a dissociative mind. It is a series of standalone chapters or essays which build on one another to provide not only a unique insight into trauma, attachment and dissociation, but also the long and arduous - but ultimately fulfilling - recovery journey.



Unshame: Healing trauma-based shame through psychotherapy

Carolyn Spring

For more details and/or to buy, go to: www.carolynspring.com/unshame-book

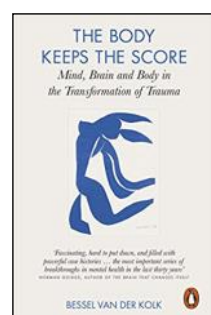
Pages: 202

Publisher: Carolyn Spring Publishing

Publication date: 22 May 2019

Price (new): £12.00

Summary: A book for psychotherapists and their clients and for anyone who wants to make the journey from shame to unshame. Carolyn Spring documents her journey through psychotherapy to heal and resolve trauma-based shame, which had resulted in a catastrophic mental breakdown in her early thirties and an eventual diagnosis of dissociative identity disorder (DID). She then embarked on a nearly ten year journey of psychotherapy through which she came to realise that shame had actually saved her life. However, the cost to this protective function is a life lived dissociated from feelings of joy, connection, love and belonging. This book explores Carolyn's pathway towards 'Unshame'. Suitable for both professionals and survivors alike, it is a fascinating insight into that most private and mysterious of places: the therapy room, and the mind.



The Body Keeps the Score

Bessel van der Kolk

For more details and/or to buy, go to: <http://amzn.to/2sFDij4>

Pages: 464

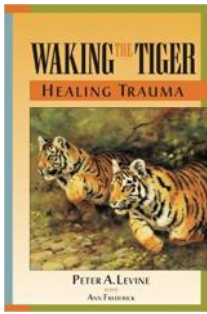
Publisher: Penguin

Publication date: 24 September 2017

Price (new on Amazon, from): £6.99

Summary: Neither talking nor drug therapies have proven entirely satisfactory. With stories of his own work and those of specialists around the globe, *The Body Keeps the Score* sheds new light on the routes away from trauma - which lie in the regulation and syncing of body and mind, using sport, drama, yoga, mindfulness, meditation and other routes to equilibrium.





Waking the Tiger: Healing Trauma

Peter Levine

For more details and/or to buy, go to: <http://amzn.to/2tcbIO3>

Pages: 290

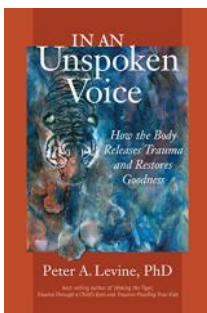
Publisher: North Atlantic Books

Publication date: 8 September 1997

Price (new on Amazon, from): £7.46

Summary: *Waking the Tiger* offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed.

Waking the Tiger normalises the symptoms of trauma and the steps needed to heal them. People are often traumatised by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.



In an Unspoken Voice

Peter Levine

For more details and/or to buy, go to: <http://amzn.to/2tEKxwm>

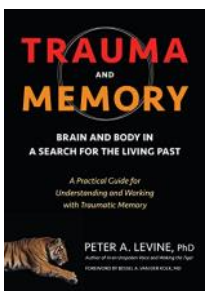
Pages: 403

Publisher: North Atlantic Books

Publication date: 30 October 2012

Price (new on Amazon, from): £10.19

Summary: In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. *In an Unspoken Voice* is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.



Trauma and Memory

Peter Levine

For more details and/or to buy, go to: <http://amzn.to/2tEuRch>

Pages: 219

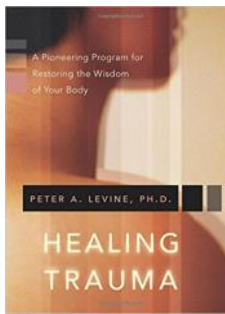
Publisher: North Atlantic Books

Publication date: 27 October 2015

Price (new on Amazon, from): £13.27

Summary: In *Trauma and Memory*, bestselling author Dr Peter Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience. Building on his 45 years of successful treatment of trauma and utilising case studies from his own practice, Dr Levine suggests that there are elements of truth in both camps. While acknowledging that memory can be trusted, he argues that the only truly useful memories are those that might initially seem to be the least reliable: memories stored in the body and not necessarily accessible by our conscious mind.





Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body

Peter Levine

For more details and/or to buy, go to: <http://amzn.to/2t18l5w>

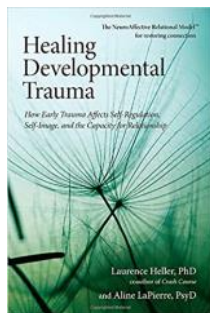
Pages: 106

Publisher: Sounds True

Publication date: October 2008

Price (new on Amazon, from): £10.54

Summary: 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' behaviours. 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.



Healing Developmental Trauma

Laurence Heller

For more details and/or to buy, go to: <http://amzn.to/2ukVkZS>

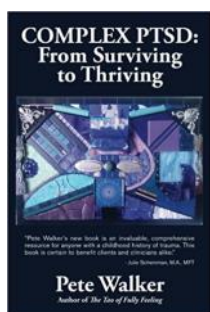
Pages: 344

Publisher: North Atlantic Books

Publication date: 25 September 2012

Price (new on Amazon, from): £15

Summary: Written for those working to heal developmental trauma and seeking new tools for self-awareness and growth, this book focuses on conflicts surrounding the capacity for connection. Explaining that an impaired capacity for connection to self and to others and the ensuing diminished aliveness are the hidden dimensions that underlie most psychological and many physiological problems, clinicians Laurence Heller and Aline LaPierre introduce the NeuroAffective Relational Model® (NARM), a unified approach to developmental, attachment, and shock trauma that, while not ignoring a person's past, emphasises working in the present moment. NARM is a somatically based psychotherapy that helps bring into awareness the parts of self that are disorganized and dysfunctional without making the regressed, dysfunctional elements the primary theme of the therapy. It emphasises a person's strengths, capacities, resources, and resiliency and is a powerful tool for working with both nervous system regulation and distortions of identity such as low self-esteem, shame, and chronic self-judgment.



Complex PTSD: From Surviving to Thriving

Pete Walker

For more details and/or to buy, go to: <http://amzn.to/2tIsGI3>

Pages: 374

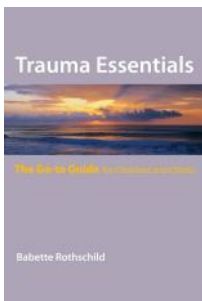
Publisher: CreateSpace Independent Publishing Platform

Publication date: 13 December 2013

Price (new on Amazon, from): £9.82

Summary: I have Complex PTSD [CPTSD] and wrote this book from the perspective of someone who has experienced a great reduction of symptoms over the years. I also wrote it from the viewpoint of someone who has discovered many silver linings in the long, windy, bumpy road of recovering from CPTSD. The causes of PTSD range from severe neglect to monstrous abuse. Many survivors grow up in houses that are not homes – in families that are as loveless as orphanages and sometimes as dangerous. If you felt unwanted, unliked, rejected, hated and/or despised for a lengthy portion of your childhood, trauma may be deeply engrained in your mind, soul and body. This book is a practical, user-friendly self-help guide to recovering from the lingering effects of childhood trauma, and to achieving a rich and fulfilling life.





Trauma Essentials

Babette Rothschild

For more details and/or to buy, go to: <http://amzn.to/2ul8yGe>

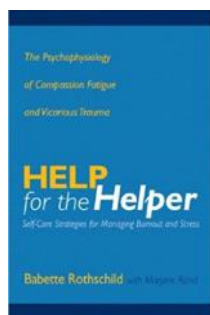
Pages: 160

Publisher: W. W. Norton & Company

Publication date: 19 April 2011

Price (new on Amazon, from): £14.99

Summary: Since 1980, when PTSD first appeared as a diagnostic category, the number of people seeking trauma therapy has grown exponentially. Victims of traumatic events seek treatment for their often debilitating symptoms. Here, a leading trauma specialist and best-selling psychotherapy author presents for consumers the wide range of trauma treatments available and gives readers tools to choose a treatment plan or assess whether their treatment plan is working. Medications and associated conditions such as anxiety and panic disorders are also discussed. This book presents the most necessary and relevant information in a compact and accessible format, serving both as a review for therapists and a straightforward, easy-to-use guide for patients. Topics covered include definitions and symptoms, accepted treatments, physiological explanations, and treatment evaluation strategies, all written in Babette Rothschild's characteristically accessible style.



Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma

Babette Rothschild

For more details and/or to buy, go to: <http://amzn.to/2tlgJ57>

Pages: 272

Publisher: W. W. Norton & Company

Publication date: 28 March 2006

Price (new on Amazon, from): £23.99

Summary: Therapist burnout is a pressing issue, and self-care is possible only when therapists actively help themselves. The authors examine the literature from neurobiology, social psychology, and folk psychology in order to explain how therapists suffer from an excess of empathy for their clients, and then they present strategies for dealing with burnout and stress.



8 Safe Keys to Trauma Recovery

Babette Rothschild

For more details and/or to buy, go to: <http://amzn.to/2sHTeRN>

Pages: 192

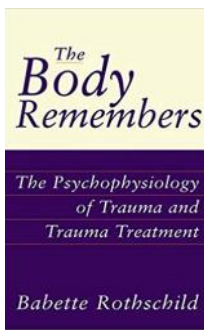
Publisher: W. W. Norton & Company

Publication date: 9 April 2010

Price (new on Amazon, from): £9.99

Summary: Trauma recovery is tricky; however, there are several key principles that can help make the process safe and effective. This book gives self-help readers, therapy clients and therapists alike the skills to understand and implement eight keys to successful trauma healing: mindful identification of what is helpful, recognising survival, having the option to not remember, creating a supportive inner dialogue, forgiving yourself for not being able to stop the trauma, understanding and sharing shame, finding your own recovery pace, mobilising your body, and helping others. This is not another book promoting a new method or type of treatment; rather it is a necessary adjunct to self-help and professional recovery programmes. After reading this book, readers will be able to recognise their own individual needs and evaluate whether those needs are being met. They will have the tools necessary to put themselves in the driver's seat, navigating their own safe road to recovery.





The Body Remembers

Babette Rothschild

For more details and/or to buy, go to: <http://amzn.to/2tlhriU>

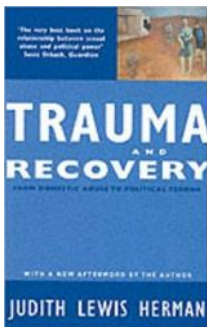
Pages: 208

Publisher: W. W. Norton & Company

Publication date: 1 November 2000

Price (new on Amazon, from): £22.09

Summary: This book illuminates that physiology, shining a bright light on the impact of trauma on the body and the phenomenon of somatic memory. It is now thought that people who have been traumatized hold an implicit memory of traumatic events in their brains and bodies. That memory is often expressed in the symptomatology of posttraumatic stress disorder—nightmares, flashbacks, startle responses, and dissociative behaviours. In essence, the body of the traumatized individual refuses to be ignored. While reducing the chasm between scientific theory and clinical practice and bridging the gap between talk therapy and body therapy, Rothschild presents principles and non-touch techniques for giving the body its due. With an eye to its relevance for clinicians, she consolidates current knowledge about the psychobiology of the stress response both in normally challenging situations and during extreme and prolonged trauma. This gives clinicians from all disciplines a foundation for speculating about the origins of their clients' symptoms and incorporating regard for the body into their practice. The somatic techniques are chosen with an eye to making trauma therapy safer while increasing mind-body integration. Packed with engaging case studies, *The Body Remembers* integrates body and mind in the treatment of posttraumatic stress disorder. It will appeal to clinicians, researchers, students, and general readers.



Trauma and Recovery

Judith Lewis Herman

For more details and/or to buy, go to: <http://amzn.to/2tEMwAv>

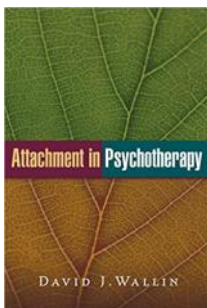
Pages: 302

Publisher: Rivers Oram Press/Pandora List

Publication date: 1 January 1994

Price (new on Amazon, from): £10.76

Summary: explore the psychological consequences of the full range of traumatic life events. Integrating clinical and social perspective without sacrificing either the complexity of individual experience or the breadth of political context, 'Trauma and Recovery' brings a new level of understanding to a set of problems usually considered individually. Judith Herman draws on her own research on domestic violence, as well as on a vast literature on combat veterans and victims of political terror, to show the parallels between private terrors like rape and public traumas such as terrorism. At the heart of the book is an approach to recovery that demands that the therapist depart from a stance of moral neutrality, working slowly toward integration rather than catharsis. Herman's analysis and conclusions challenge most conventional wisdom: for example, she shows how private experiences like incest and public trauma such as terrorism share fundamental similarities of disempowerment and denial; and she describes how childhood abuse has far more profound effects on personality than has been believed.



Attachment in Psychotherapy

David Wallin

For more details and/or to buy, go to: <http://amzn.to/2sl4UnJ>

Pages: 366

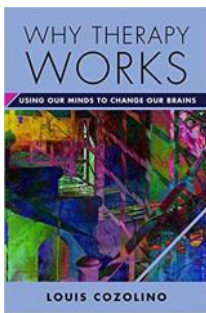
Publisher: Guilford Press

Publication date: 13 July 2015

Price (new on Amazon, from): £23.80

Summary: This eloquent book translates attachment theory and research into an innovative framework that grounds adult psychotherapy in the facts of childhood development. Advancing a model of treatment as transformation through relationship, the author integrates attachment theory with neuroscience, trauma studies, relational psychotherapy, and the psychology of mindfulness. Vivid case material illustrates how therapists can tailor interventions to fit the attachment needs of their patients, thus helping them to generate the internalized secure base for which their early relationships provided no foundation. Demonstrating the clinical uses of a focus on nonverbal interaction, the book describes powerful techniques for working with the emotional responses and bodily experiences of patient and therapist alike.





Why Therapy Works: Using Our Minds to Change our Brains

Louis Cozolino

For more details and/or to buy, go to: <http://amzn.to/2tcDVnl>

Pages: 288

Publisher: W. W. Norton & Company

Publication date: 12 Jan 2016

Price (new on Amazon, from): £15.99

Summary: That psychotherapy works is a basic assumption of anyone who sees a therapist. But why does it work? And why does it matter that we understand how it works? In *Why Therapy Works*, Louis Cozolino explains the mechanisms of psychotherapeutic change from the bottom up, beginning with the brain, and how brains have evolved—especially how brains evolved to learn, unlearn, and relearn, which is at the basis of lasting psychological change. Readers will learn why therapists have to look beyond just words, diagnoses, and presenting problems to the inner histories of their clients in order to discover paths to positive change. The book also shows how our brains have evolved into social organs and how our interpersonal lives are a source of both pain and power. Readers will explore with Cozolino how our brains are programmed to connect in intimate relationships and come to understand the debilitating effects of anxiety, stress, and trauma. Finally, the book will lead to an understanding of the power of story and narratives for fostering self-regulation, neural integration, and positive change. Always, the focus of the book is in understanding underlying therapeutic change, moving beyond the particular of specific forms of therapy to the commonalities of human evolution, biology, and experience.

Trauma and the Avoidant Client: Attachment-Based Strategies for Healing

Robert Muller

For more details and/or to buy, go to: <http://amzn.to/2tEsxIA>

Pages: 224

Publisher: W. W. Norton & Company

Publication date: 3 August 2010

Price (new on Amazon, from): £20

Summary: A large segment of the therapy population consists of difficult-to-treat patients suffering from trauma - those who are in denial or retreat from their traumatic experiences. Here, drawing on attachment-based research, the author provides clinical techniques, specific intervention strategies and practical advice for successfully addressing the often intractable issues of trauma.

Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation

Janina Fisher

For more details and/or to buy, go to: <http://amzn.to/2tHBTqg>

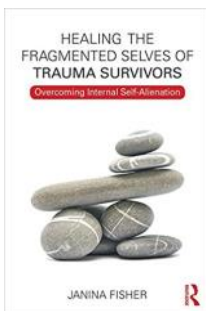
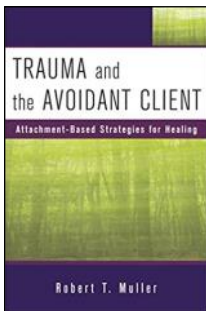
Pages: 292

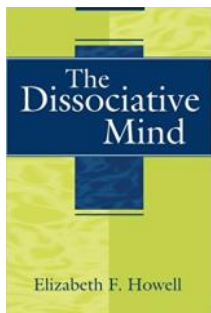
Publisher: Routledge

Publication date: 9 March 2017

Price (new on Amazon, from): £20.99

Summary: *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 emphasises '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 come away 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.





The Dissociative Mind

Elizabeth Howell

For more details and/or to buy, go to: <http://amzn.to/2sHYy7I>

Pages: 322

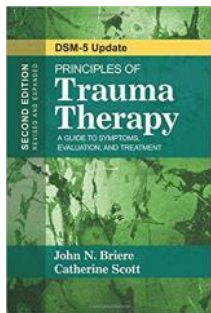
Publisher: Routledge

Publication date: 22 May 2008

Price (new on Amazon, from): £27.99

Summary: Drawing on the pioneering work of Janet, Freud, Sullivan, and Fairbairn, Elizabeth Howell develops a comprehensive model of the dissociative mind. Dissociation, for her, suffuses everyday life; it is a relationally structured survival strategy that arises out of the mind's need to allow interaction with frightening but still urgently needed others. For therapists dissociated self-states are among the everyday fare of clinical work and gain expression in dreams, projective identifications, and enactments. Pathological dissociation, on the other hand, results when the psyche is overwhelmed by trauma and signals the collapse of relationality and an addictive clinging to dissociative solutions.

Howell examines the relationship of segregated models of attachment, disorganised attachment, mentalisation, and defensive exclusion to dissociative processes in general and to particular kinds of dissociative solutions. Enactments are reframed as unconscious procedural ways of being with others that often result in segregated systems of attachment. Clinical phenomena associated with splitting are assigned to a model of 'attachment-based dissociation' in which alternating dissociated self-states develop along an axis of relational trauma. Later chapters examine dissociation in relation to pathological narcissism; the creation and reproduction of gender; and psychopathy.



Principles of Trauma Therapy: A Guide to Symptoms, Evaluation and Treatment

John Briere

For more details and/or to buy, go to: <http://amzn.to/2tHNSuc>

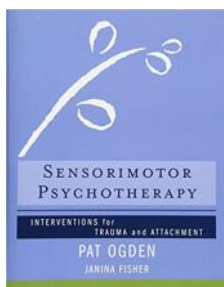
Pages: 440

Publisher: Sage Publications

Publication date: 8 April 2014

Price (new on Amazon, from): £49.39

Summary: Thoroughly updated with DSM-5 content throughout, this book is written for the average trauma clinician (or clinician new to the field who is confronted with a trauma client) to use in his or her daily work.



Sensorimotor Psychotherapy: Interventions for Trauma and Attachment

Pat Ogden

For more details and/or to buy, go to: <http://amzn.to/2uFRdXU>

Pages: 832

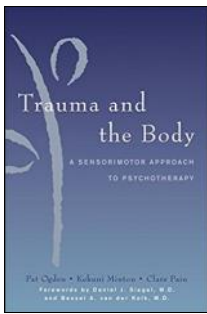
Publisher: W. W. Norton & Company

Publication date: 27 May 2014

Price (new on Amazon, from): £29.16

Summary: The body's intelligence is largely an untapped resource in psychotherapy, yet the story told by the 'somatic narrative'—gesture, posture, prosody, facial expressions, eye gaze, and movement—is arguably more significant than the story told by the words. The language of the body communicates implicit meanings and reveals the legacy of trauma and of early or forgotten dynamics with attachment figures. To omit the body as a target of therapeutic action is an unfortunate oversight that deprives clients of a vital avenue of self-knowledge and change. Written for therapists and clients to explore together in therapy, this book is a practical guide to the language of the body. It begins with a section that orients therapists and clients to the volume and how to use it, followed by an overview of the role of the brain and the use of mindfulness. The last three sections are organised according to a phase approach to therapy, focusing first on developing personal resources, particularly somatic ones; second on utilising a bottom-up, somatic approach to memory; and third on exploring the impact of attachment on procedural learning, emotional biases, and cognitive distortions. Each chapter is accompanied by a guide to help therapists apply the chapter's teachings in clinical practice and by worksheets to help clients integrate the material on a personal level.





Trauma and the Body: A Sensorimotor Approach to Psychotherapy

Kekuni Minton, Pat Ogden, Clare Pain

For more details and/or to buy, go to: <http://amzn.to/2sHYgh8>

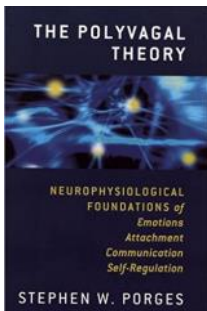
Pages: 384

Publisher: W. W. Norton & Company

Publication date: 17 October 2016

Price (new on Amazon, from): £29.50

Summary: Psychotherapists who have been trained in models of psychodynamic, psychoanalytic, or cognitive therapeutic approaches are skilled at listening to the language and affect of the client. They track the clients' associations, fantasies, and signs of psychic conflict, distress, and defences. Yet while the majority of therapists are trained to notice the appearance and even the movements of the client's body, thoughtful engagement with the client's embodied experience has remained peripheral to traditional therapeutic interventions. *Trauma and the Body* is a detailed review of research in neuroscience, trauma, dissociation, and attachment theory that points to the need for an integrative mind-body approach to trauma. The premise of this book is that, by adding body-oriented interventions to their repertoire, traditionally trained therapists can increase the depth and efficacy of their clinical work. Sensorimotor psychotherapy is an approach that builds on traditional psychotherapeutic understanding but includes the body as central in the therapeutic field of awareness, using observational skills, theories, and interventions not usually practiced in psychodynamic psychotherapy. By synthesising bottom-up and top down interventions, the authors combine the best of both worlds to help chronically traumatised clients find resolution and meaning in their lives and develop a new, somatically integrated sense of self. Topics addressed include: Cognitive, emotional, and sensorimotor dimensions of information processing * modulating arousal * dyadic regulation and the body * the orienting response * defensive subsystems * adaptation and action systems * treatment principles * skills for working with the body in present time * developing somatic resources for stabilization * processing



The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation

Stephen Porges

For more details and/or to buy, go to: <http://amzn.to/2ul3AZU>

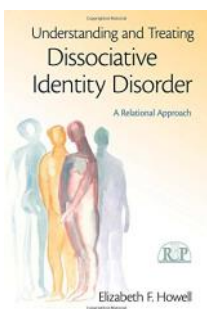
Pages: 368

Publisher: W. W. Norton & Company

Publication date: 1 April 2011

Price (new on Amazon, from): £35

Summary: This book compiles Stephen W. Porges's research. The world's leading expert on the autonomic nervous system, Porges is the mind behind the ground-breaking Polyvagal Theory, which has startling implications for the treatment of anxiety, depression, trauma and autism.



Understanding and Treating Dissociative Identity Disorder

Elizabeth Howell

For more details and/or to buy, go to: <http://amzn.to/2tlmksj>

Pages: 330

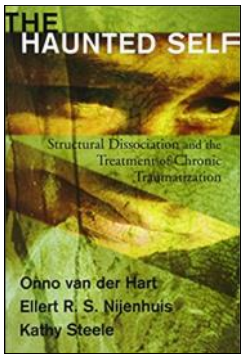
Publisher: Routledge

Publication date: 18 May 2011

Price (new on Amazon, from): £28.58

Summary: Elizabeth Howell makes another invaluable contribution to the clinical understanding of dissociative states with *Understanding and Treating Dissociative Identity Disorder*. Working within the realm of relational psychoanalysis, Howell explicates a multifaceted approach to the treatment of this fascinating yet often misunderstood condition, which involves the partitioning of the personality into part-selves that remain unaware of one another, usually the result of severely traumatic experiences. Howell begins with an explication of dissociation theory and research that includes the dynamic unconscious, trauma theory, attachment, and neuroscience. She then discusses the identification and diagnosis of Dissociative Identity Disorder (DID) before moving on to outline a phase-oriented treatment plan, which includes facilitating a multileveled co-constructed therapeutic relationship, emphasising the multiplicity of transferences, countertransferences, and kinds of potential enactments. She then expands the treatment possibilities to include dreamwork, before moving on to discuss the risks involved in the treatment of DID and how to mitigate them.





The Haunted Self

Onno van der Hart, Ellert Nijenhuis and Kathy Steele

For more details and/or to buy, go to: <http://amzn.to/2sHQsfw>

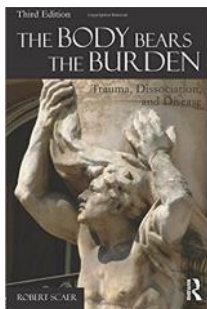
Pages: 440

Publisher: W. W. Norton & Company

Publication date: 28 November 2006

Price (new on Amazon, from): £33.16

Summary: Life is an ongoing struggle for patients who have been chronically traumatised. They typically have a wide array of symptoms, often classified under different combinations of comorbidity, which can make assessment and treatment complicated and confusing for the therapist. Many patients have substantial problems with daily living and relationships, including serious intrapsychic conflicts and maladaptive coping strategies. Their suffering essentially relates to a terrifying and painful past that haunts them. Even when survivors attempt to hide their distress beneath a facade of normality—a common strategy—therapists often feel besieged by their many symptoms and serious pain. Small wonder that many survivors of chronic traumatization have seen several therapists with little if any gains, and that quite a few have been labelled as untreatable or resistant. In this book, three leading researchers and clinicians share what they have learned from treating and studying chronically traumatised individuals across more than 65 years of collective experience. Based on the theory of structural dissociation of the personality in combination with a Janetian psychology of action, the authors have developed a model of phase-oriented treatment that focuses on the identification and treatment of structural dissociation and related maladaptive mental and behavioural actions. The foundation of this approach is to support patients in learning more effective mental and behavioural actions that will enable them to become more adaptive in life and to resolve their structural dissociation. This principle implies an overall therapeutic goal of raising the integrative capacity, in order to cope with the demands of daily life and deal with the haunting remnants of the past, with the ‘unfinished business’ of traumatic memories.



The Body Bears the Burden: Trauma, Dissociation and Disease

Robert Scaer

For more details and/or to buy, go to: <http://amzn.to/2tELeWg>

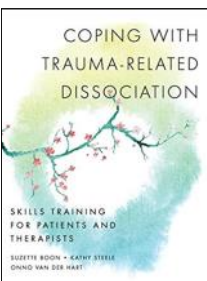
Pages: 248

Publisher: Routledge

Publication date: 28 February 2014

Price (new on Amazon, from): £22.49

Summary: When *The Body Bears the Burden* made its debut in 2001, it changed the way people thought about trauma, PTSD, and the treatment of chronic stress disorders. Now in its third edition, this revered text offers a fully updated and revised analysis of the relationship between mind, body, and the processing of trauma. Here, clinicians will find detailed, thorough explorations of some of neurobiology's fundamental tenets, the connections between mind, brain, and body, and the many ways that symptoms of traumatic stress become visible to those who know to look for them.



Coping with Trauma-Related Dissociation

Suzette Boon, Kathy Steele and Onno van der Hart

For more details and/or to buy, go to: <http://amzn.to/2tlaVIL>

Pages: 496

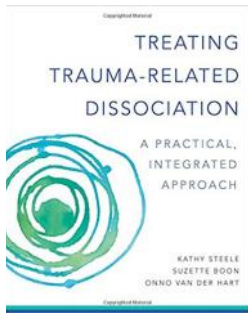
Publisher: W. W. Norton & Company

Publication date: 1 April 2011

Price (new on Amazon, from): £26.85

Summary: This book is a skills training manual for individuals with trauma-related dissociative disorders (Dissociative Identity Disorder and Dissociative Disorder, Not Otherwise Specified). There is no other training manual that exists for complex trauma survivors with dissociative disorders. This group is a significant subset of mental health consumers (up to 10% have DDNOS, and between 1-4% have DID). Although there are several skills manuals that address trauma, none address the specific needs of individuals with severe and chronic dissociation. The approach is eclectic and integrative, drawing from accepted theories and models of treatment which have been used successfully with chronically traumatised individuals. The book may be used by patients and their treating clinicians in the course of an individual therapy as well as in structured group settings (both outpatient, day treatment or inpatient).





Treating Trauma-Related Dissociation: A Practical, Integrative Approach

Kathy Steele, Suzette Boon and Onno van der Hart

For more details and/or to buy, go to: <http://amzn.to/2sHYEMD>

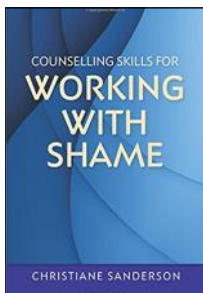
Pages: 560

Publisher: W. W. Norton & Company

Publication date: 13 January 2017

Price (new on Amazon, from): £36.29

Summary: Therapists around the world ask similar questions and struggle with similar challenges treating highly dissociative patients. This book arose not only out of countless hours of treating patients with dissociative disorders, but also out of the crucible of supervision and consultation, where therapists bring their most urgent questions, needs and vulnerabilities. The book offers an overview of the neuropsychology of dissociation as a disorder of non-realisation, as well as chapters on assessment, prognosis, case formulation, treatment planning, and treatment phases and goals, based on best practices. The authors describe what to focus on first in a complex therapy and how to do it; how to help patients establish both internal and external safety without rescuing; how to work systematically with dissociative parts of a patient in ways that facilitate integration rather than further dissociation; how to set and maintain helpful boundaries; specific ways to stay focused on process instead of content; how to deal compassionately and effectively with disorganised attachment and dependency on the therapist; how to help patients integrate traumatic memories; what to do when the patient is enraged, chronically ashamed, avoidant or unable to trust the therapist; and how to compassionately understand and work with resistances as a co-creation of both patient and therapist. Relational ways of being with the patient are the backbone of treatment and are themselves essential therapeutic interventions. As such, the book also focuses not only on highly practical and theoretically sound interventions, not only on what to do and say, but places strong emphasis on how to be with patients, describing innovative, compassionately collaborative approaches based on the latest research on attachment and evolutionary psychology. Throughout the book, core concepts fundamental ideas that are highlighted in the text in bold so they can be seen at a glance are emphasised. These serve as guiding principles in treatment as well as a summing-up of many of the most important notions in each chapter. Each chapter concludes with a section for further examination. These sections include additional ideas and questions, exercises for practising skills and suggestions for peer discussions based on topics in a particular chapter, meant to inspire further curiosity, discovery and growth.



Counselling Skills for Working with Shame

Christiane Sanderson

For more details and/or to buy, go to: <http://amzn.to/2tcFmml>

Pages: 264

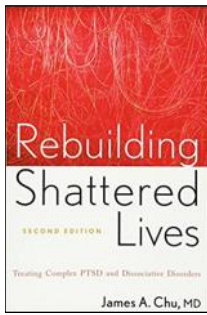
Publisher: Jessica Kingsley Publishers

Publication date: 21 August 2015

Price (new on Amazon, from): £18.99

Summary: *Counselling Skills for Working with Shame* helps professionals to understand and identify shame and to build shame resilience in both the client and themselves. Shame is ubiquitous in counselling where there is an increased vulnerability and risk of exposure to shame. While many clients experience feelings of shame, it is often overlooked in the therapeutic process and as a result can be left untreated. It is particularly pertinent when working with clients who have experienced trauma, domestic or complex abuse, or who struggle with addiction, compulsion and sexual behaviours. Written in an accessible style, this is a hands-on, skills-based guide which helps practitioners to identify what elicits, evokes or triggers shame. It gives a general introduction to the nature of shame in both client and counsellor and how these become entwined in the therapeutic relationship. It focuses on increasing awareness of shame and how to release it in order to build shame resilience. With points for reflection, helpful exercises, top tips, reminders and suggestions for how to work with clients, this is a highly practical guide for counsellors, therapists, mental health practitioners, nurses, social workers, educators, human resources, trainee counsellors and students.





Rebuilding Shattered Lives

James Chu

For more details and/or to buy, go to: <http://amzn.to/2uFVDOy>

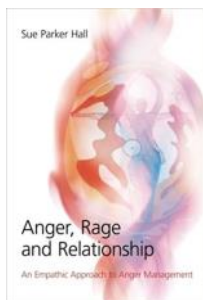
Pages: 384

Publisher: Wiley

Publication date: 29 March 2011

Price (new on Amazon, from): £48.99

Summary: Children, adolescents, and adults who experience 'developmentally adverse interpersonal trauma are at risk not only for posttraumatic stress disorder (PTSD) but also for other anxiety, affective, addictive, conduct, eating, psychotic personality disorders, as well as for retraumatisation. Now in an updated *Second Edition*, this book describes the theoretical constructs of how complex trauma-related clinical syndromes evolve and present in adult patients, integrating theories concerning posttraumatic stress disorder, dissociation and personality development. This book is an authoritative clinical guide to the treatment of patients with complex posttraumatic and dissociative disorders.



Anger, Rage and Relationship

Sue Parker Hall

For more details and/or to buy, go to: <http://amzn.to/2tHBoT5>

Pages: 232

Publisher: Routledge

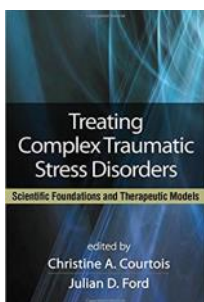
Publication date: 29 September 2008

Price (new on Amazon, from): £23.19

Summary: *Anger, Rage and Relationship* presents a radically new way to understand and work with anger and rage issues. Taking a relational approach to anger and rage, the book presents a positive view of human nature, supported by recent research findings and illustrated with case studies, with individuals trusted to be essentially pro-social. Rather than promoting strategies and techniques for eradicating anger, Sue Parker Hall, puts forward an approach which seeks to not only work with, but to differentiate between, anger and rage. Anger and rage are constructed as entirely different phenomena, originating at different developmental stages, having different functions and relational needs and requiring different aspects of relationship in the therapeutic process.

Further areas of discussion include: the positive aspects of anger, practitioner protection, and the therapeutic implications of working with both anger and rage.

This book will provide invaluable reading for practitioners dealing with anger and rage in the therapeutic setting, as well as counsellors and therapists in the related field.



Treating Complex Traumatic Stress Disorders

Edited by Christine Courtois and Julian Ford

For more details and/or to buy, go to: <http://amzn.to/2tEUoSO>

Pages: 488

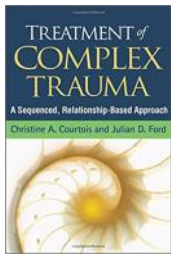
Publisher: Guilford Press

Publication date: 6 December 2013

Price (new on Amazon, from): £29.41

Summary: Chronic childhood trauma, such as prolonged abuse or family violence, can severely disrupt a person's development, basic sense of self, and later relationships. Adults with this type of history often come to therapy with complex symptoms that go beyond existing criteria for PTSD. This book brings together prominent authorities to present the latest thinking on complex traumatic stress disorders and provide practical guidelines for conceptualisation and treatment. Evidence-based assessment procedures are detailed, and innovative individual, couple, family, and group therapies are described and illustrated with case vignettes and session transcripts.





Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach

Christine Courtois and Julian Ford

For more details and/or to buy, go to: <http://amzn.to/2tENBbR>

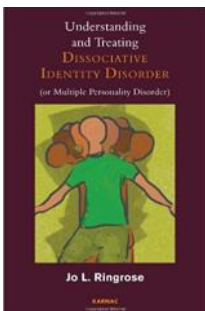
Pages: 378

Publisher: Guilford Press

Publication date: 12 December 2012

Price (new on Amazon, from): £46.13

Summary: This insightful guide provides a pragmatic roadmap for treating adult survivors of complex psychological trauma. Christine Courtois and Julian Ford present their effective, research-based approach for helping clients move through three clearly defined phases of posttraumatic recovery. Two detailed case examples run throughout the book, illustrating how to plan and implement strengths-based interventions that use a secure therapeutic alliance as a catalyst for change. Essential topics include managing crises, treating severe affect dysregulation and dissociation, and therapist self-care.



Understanding and Treating Dissociative Identity Disorder (or Multiple Personality Disorder)

Dr Jo Ringrose

For more details and/or to buy, go to: <http://amzn.to/2sBs9EW>

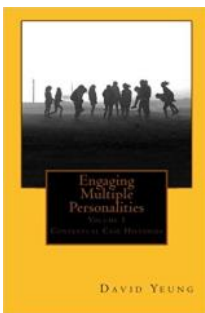
Pages: 144

Publisher: Karnac Books

Publication date: 1 August 2012

Price (new on Amazon, from): £19.99

Summary: This book provides all of the information a practitioner needs in order to begin work with clients with Dissociative Identity Disorder (DID). Drawing on experiences from her own practice and extensive research conducted with the help of internationally acclaimed experts in the field, the author describes the development of DID and the structure of the personality of these clients. The reader is guided through the assessment process, the main phases and components of treatment, and the issues and contentions that may arise in this work. Throughout the text there are case examples, practical exercises, techniques, and strategies that can be used in therapy sessions. The resources section includes screening and assessment instruments, as well as information on techniques for managing anxiety and self-harm, both of which can be major problems when working with clients with DID.



Engaging Multiple Personalities: Volume 1

David Yeung

For more details and/or to buy, go to: <http://amzn.to/2uFKfC0>

Pages: 230

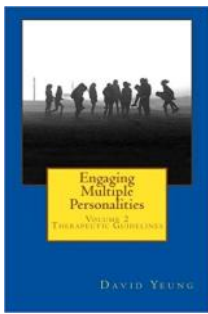
Publisher: CreateSpace Independent Publishing Platform

Publication date: 15 March 2014

Price (new on Amazon, from): £8.98

Summary: The general public is bewildered and fascinated by Multiple Personality Disorder/ Dissociative Identity Disorder. Through books, television and movies, a distorted view of DID is often presented. While it may make for good entertainment, it fails to truly present the depth and intensity of the inherent trauma. Outside the ordinary day-to-day life experience of most people, it is hard to understand. Ignoring past trauma simply will not help a patient. In his psychiatric practice, the author encountered a number of his patients' alters face-to-face. He found that the most effective course of therapy was to engage them directly. Talking to alters is a strange, serious and ultimately compelling experience. They are not real according to our customary definitions, but neither are they false or fake. They are survivors of childhood abuse, present in shared flesh and blood. The author discusses the phenomenon of DID through case histories, and how it manifests clinically. Most important, he elucidates techniques necessary to help traumatized patients heal.





Engaging Multiple Personalities (Volume 2)

David Yeung

For more details and/or to buy, go to: <http://amzn.to/2tEVHbc>

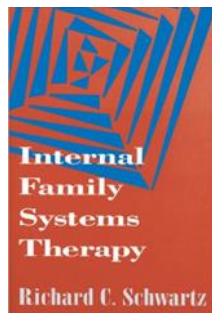
Pages: 204

Publisher: CreateSpace Independent Publishing Platform

Publication date: 19 September 2014

Price (new on Amazon, from): £28.35

Summary: This Volume 2 continues the discussions begun in Volume 1 concerning Multiple Personality Disorder/Dissociative Identity Disorder. This Volume focuses on giving patients, support networks and therapists the foundation to heal and support healing of those with DID. Those who wish to learn about treating DID from a clinician's perspective will find guidance in both Volumes. The key point of understanding that ignoring past trauma simply will not help a patient. In his psychiatric practice, the author encountered a number of his patients' alters face-to-face. He found that the most effective course of therapy was to engage them directly. Talking to alters is a strange, serious and ultimately compelling experience. They are survivors of childhood abuse, present in shared flesh and blood. They are essential for healing the patient. In Volume 2, the author goes into detailed guidance for working with DID as well as highlighting pitfalls to avoid. Most important, he elucidates practical and easily accessible techniques necessary to help these traumatized patients heal. DID patients can successfully engage in and profit from therapy. By processing the impact of their past traumatic memory, they may reclaim their present.



Internal Family Systems Therapy

Richard Schwartz

For more details and/or to buy, go to: <http://amzn.to/2sHNRSa>

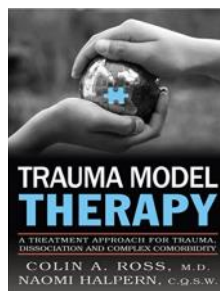
Pages: 248

Publisher: Guilford Press

Publication date: 9 September 1997

Price (new on Amazon, from): £23.99

Summary: Applying family systems concepts to the intrapsychic realm, the Internal Family Systems (IFS) model proposes that individuals' subpersonalities interact and change in many of the same ways as do families and other human groups. Seasoned practitioner Richard C. Schwartz illuminates how parts of a person can form paralysing inner alliances resembling the destructive coalitions found in dysfunctional families, and provides straightforward guidelines for incorporating the IFS model into treatment. A valuable text and clinical resource, the book demonstrates in step-by-step detail how therapists can help individuals, couples, and families tap core resources, bring balance and harmony to their subpersonalities, and feel more integrated, confident, and alive.



Trauma Model Therapy: A Treatment Approach for Trauma, Dissociation and Complex Comorbidity

Colin Ross

For more details and/or to buy, go to: <http://amzn.to/2sltkgG>

Pages: 306

Publisher: Manitou Communications Inc.

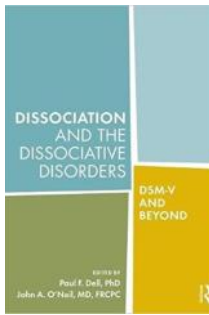
Publication date: 24 October 2011

Price (new on Amazon, from): £17.67

Summary: *Trauma Model Therapy* is a treatment manual for therapists and professionals but it can also be read by survivors and their family members. The book contains practical, hands-on techniques and strategies for therapy, and many vignettes of therapy sessions that illustrate the principles of the therapy.

Trauma Model Therapy is suitable for a wide range of mental health problems and addictions. It is especially useful for the client with many different symptoms and diagnoses, and a history of severe psychological trauma.





Dissociation and the Dissociative Disorders: DSM5 and Beyond

Paul Dell

For more details and/or to buy, go to: <http://amzn.to/2slitODw>

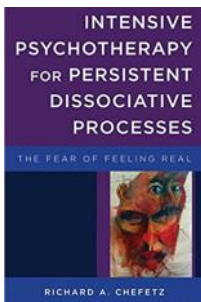
Pages: 898

Publisher: Routledge

Publication date: 1 July 2015

Price (new on Amazon, from): £34.99

Summary: *Dissociation and the Dissociative Disorders* is a book that has no real predecessor in the dissociative disorders field. It reports the most recent scientific findings and conceptualizations about dissociation; defines and establishes the boundaries of current knowledge in the dissociative disorders field; identifies and carefully articulates the field's current points of confusion, gaps in knowledge, and conjectures; clarifies the different aspects and implications of dissociation; and sets forth a research agenda for the next decade. In many respects, *Dissociation and the Dissociative Disorders* both defines and redefines the field.



Intensive Psychotherapy for Persistent Dissociative Processes

Richard Chefetz

For more details and/or to buy, go to: <http://amzn.to/2uG0VcS>

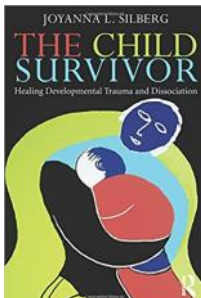
Pages: 496

Publisher: W. W. Norton & Company

Publication date: 10 April 2015

Price (new on Amazon, from): £31

Summary: Extensive and detailed casework is the backbone of this meticulous in-the-trenches exploration of dissociative processes and their relation to affect theory, attachment, neurobiology and an emergent self-state dominated structure of mind. Building upon the theoretical and practical clinical perspectives in the first six chapters, and decidedly psychodynamic in its orientation, illustrations of the adjunctive use of hypnosis, EMDR and somatic experiencing are woven into the subsequent clinical material. Multi-chapter vignettes and verbatim transcripts show the reader how to work with challenging core issues in treatment of the dissociative disorders: clinical impasse, sexual addiction, negativity, negative therapeutic reaction, object-coercive doubting, and enactment.



The Child Survivor: Healing Developmental Trauma and Dissociation

Joyanna Silberg

For more details and/or to buy, go to: <http://amzn.to/2sBRGhb>

Pages: 288

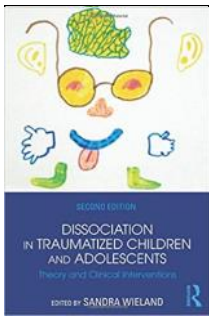
Publisher: Routledge

Publication date: 12 November 2012

Price (new on Amazon, from): £24.29

Summary: *The Child Survivor* is a clinically rich, comprehensive overview of the treatment of children and adolescents who have developed dissociative symptoms in response to ongoing developmental trauma. Joyanna Silberg, a widely respected authority in the field, uses case examples to illustrate hard-to-manage clinical dilemmas such as children presenting with rage reactions, amnesia, and dissociative shut-down. These behaviours are often survival strategies, and in *The Child Survivor* practitioners will find practical management tools that are backed up by recent scientific advances in neurobiology. Clinicians on the front lines of treatment will come away from the book with an arsenal of therapeutic techniques that they can put into practice right away, limiting the need for restrictive hospitalisations or out-of-home placements for their young clients.





Dissociation in Traumatized Children and Adolescents

Edited by Sandra Wieland

For more details and/or to buy, go to: <http://amzn.to/2slolwB>

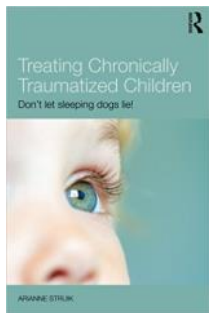
Pages: 376

Publisher: Routledge

Publication date: 2 April 2015

Price (new on Amazon, from): £23.18

Summary: *Dissociation in Traumatized Children and Adolescents* presents a series of unique and compelling case studies written by some of the foremost international experts in the study of dissociation in young people. In the edition, chapters have been updated to include discussion of the most recent findings in trauma and neuroscience as well as Joyanna Silberg's popular affect-avoidance model. In addition, Sandra Wieland's incisive commentaries on each case study have been updated. Each chapter presents a detailed narrative of a therapist's work with a child or adolescent interspersed with the therapist's own thought process, and every therapist explains the theory and research behind her clinical decisions. The case studies present many aspects of working with traumatised children—attachment work, trauma processing, work with the family, interactions with the community, psychoeducation related to dissociation, and encouragement of communication between the dissociated parts—and provide a frank analysis of the difficulties clinicians encounter in various therapeutic situations.



Treating Chronically Traumatized Children: Don't Let Sleeping Dogs Lie!

Arianna Struik

For more details and/or to buy, go to: <http://amzn.to/2slvfl0>

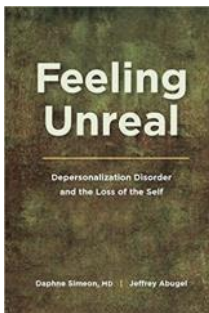
Pages: 224

Publisher: Routledge

Publication date: 15 April 2014

Price (new on Amazon, from): £31.49

Summary: Professionals working with traumatised children are often asked whether it would be better to 'let sleeping dogs lie', because the child may not be ready to discuss their experiences, and out of fear that they may become further distressed or disturbed. In *Treating Chronically Traumatized Children*, Arianna Struik presents the case for waking those 'sleeping dogs' in a safe and structured environment, in order to allow the healing process to begin and prevent trauma later in life. Struik has developed a method for those cases labelled most difficult to treat, involving deregulated, traumatised children who refuse to talk about their memories, or claim to have 'forgotten' them completely. It incorporates factors in the child's environment and network to ensure that they are safe and secure before beginning the process, and stable throughout treatment. Downloadable worksheets enhance the book's content and make each section straightforward to work through, supporting the child through the stabilisation, processing and integration phases of treatment.



Feeling Unreal: Depersonalisation Disorder and the Loss of the Self

Daphne Simeon

For more details and/or to buy, go to: <http://amzn.to/2ul2sp4>

Pages: 256

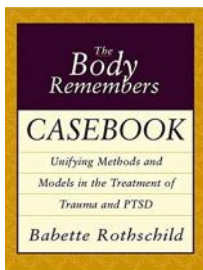
Publisher: Oxford University Press

Publication date: 7 November 2008

Price (new on Amazon, from): £15

Summary: *Feeling Unreal* is the first book to reveal what depersonalisation disorder is all about. This important volume explores not only depersonalisation, but the philosophical and literary implications of selflessness as well, while providing the latest research, possible treatments, and strategies for living and thriving when life seems 'unreal.' For those who still believe that such experiences are still a part of something else, that depersonalisation is just a symptom and not a disorder in its own right, *Feeling Unreal* presents compelling evidence to the contrary. This book provides long-awaited answers for people suffering from depersonalisation disorder and their loved ones, for mental health professionals, and for all students of the condition, while serving as a wake-up call to the medical community at large.





The Body Remembers Casebook

Babette Rothschild

For more details and/or to buy, go to: <http://amzn.to/2tEQnO4>

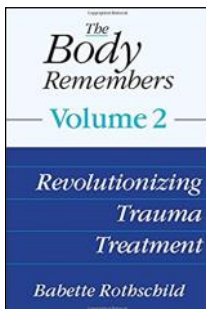
Pages: 264

Publisher: W. W. Norton & Company

Publication date: 27 May 2003

Price (new on Amazon, from): £14.99

Summary: This book advocates utilising and combining an assortment of trauma treatment models. Based on ideas put forward in *The Body Remembers* Babette Rothschild emphasises the importance of tailoring every trauma therapy to the particular needs of each individual client. Each varied and complex case (presented in a variety of writing styles: case reports, session-by-session narratives, single session transcripts) is approached with a combination of methods ranging from traditional psychodynamic approaches and applications of attachment theory to innovative trauma methods including EMDR and Levine's SIBAM model. Read on its own or in conjunction with 'The Body Remembers' clinicians from all disciplines should discover new strategies and gain insight into how to combine various treatment models for increased success with traumatised clients.



The Body Remembers: Volume 2

Babette Rothschild

For more details and/or to buy, go to: <http://amzn.to/2tcDIRr>

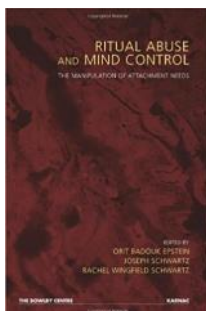
Pages: 224

Publisher: W. W. Norton & Company

Publication date: 20 June

Price (new on Amazon, from): £28

Summary: *The Body Remembers, Volume 2* continues the discussion begun with the publication of the best-selling *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. This book is grounded in the belief that the most important goal for any trauma treatment is to improve the quality of life of the client. Therefore, the first prerequisite is that the client be reliably stable and feel safe in his or her daily life as well as the therapy situation. To accomplish this, Rothschild empowers both therapists and clients by expanding trauma treatment options. For clients who prefer not to review memories, or are unable to do so safely, new and expanded strategies and principles for trauma recovery are presented. And for those who wish to avail themselves of more typical trauma memory work, tools to make trauma memory resolution even safer are included.



Ritual Abuse and Mind Control: The Manipulation of Attachment Needs

Edited by Orit Badouk Epstein, Joseph Schwartz and Rachel Wingfield Schwartz

For more details and/or to buy, go to: <http://amzn.to/2tcoCvc>

Pages: 202

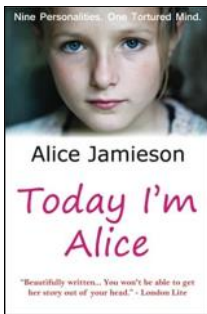
Publisher: Karnac Books

Publication date: 24 March 2011

Price (new on Amazon, from): £25.21

Summary: People who have survived ritual abuse or mind control experiments have often been silenced, accused of lying, mocked and disbelieved. Clinicians working with survivors often find themselves isolated, facing the same levels of disbelief and denial from other professionals within the mental health field. This report - based on proceedings from a conference on the subject - presents knowledge and experience from both clinicians and survivors to promote understanding and recovery from organised and ritual abuse, mind control and programming. The book combines clinical presentations, survivors' voices, and research material to help address the ways in which we can work clinically with mind control and cult programming from the perspective of relational psychotherapy.





Today I'm Alice

Alice Jamieson

For more details and/or to buy, go to: <http://amzn.to/2uG1jrA>

Pages: 278

Publisher: Thistle Publishing

Publication date: 28 July 2014

Price (new on Amazon, from): £12.03

Summary: When Alice was a teenager, strange things started happening to her. Hours of her life simply disappeared. She'd hear voices shouting at her, telling her she was useless. In her nightmares, scenes of abuse that had haunted her since early childhood became more detailed... more real. Staring at herself in the mirror she'd catch her face changing, as if someone else was looking out through her eyes.

In *Today I'm Alice*, she describes her extraordinary journey from a teenage girl battling anorexia and OCD, drowning the voices with alcohol, to a young woman losing control to 'the children' who had started to appear, growing from voices in her head to full-blown personalities. She slipped further and further into mental illness until she was finally diagnosed with multiple personality disorder. When her 'alters' were revealed in therapy she discovered how each one had their own memories of abuse and a full picture of her childhood finally emerged. Moving and ultimately inspiring, this is a gripping account of a rare condition, and the remarkable story of a courageous woman's battle for sanity.

Forensic Aspects of Dissociative Identity Disorder

Edited by Adah Sachs and Graeme Galton

For more details and/or to buy, go to: <http://amzn.to/2uG49gq>

Pages: 200

Publisher: Karnac Books

Publication date: 16 July 2008

Price (new on Amazon, from): £27.40

Summary: This ground-breaking book examines the role of crime in the lives of people with Dissociative Identity Disorder, a condition which appears to be caused by prolonged trauma in infancy and childhood. This trauma may be linked with crimes committed against them, crimes they have witnessed, and crimes they have committed under duress. This collection of essays by a range of distinguished international contributors explores the complex legal, ethical, moral, and clinical questions which face psychotherapists and other professionals working with people suffering from Dissociative Identity Disorder. Contributors to this book are drawn from the following professions: psychotherapy, psychoanalysis, counselling, psychology, medicine, law, police, and social work.

Attachment, Trauma and Multiplicity: Working with Dissociative Identity Disorder (2nd Edition)

Edited by Valerie Sinason

For more details and/or to buy, go to: <http://amzn.to/2tEoUw2>

Pages: 280

Publisher: Routledge

Publication date: 21 February 2002

Price (new on Amazon, from): £27.99

Summary: Valerie Sinason's *Treating Survivors of Satanist Abuse* addressed a subject that many professionals working in the field had been uncomfortable discussing. Her work in disability and abuse has consistently broken new ground in addressing subjects that many people have found initially hard to deal with. This new book covers the equally unexplored subject of Dissociative Identity Disorder (DID), and is the first major British book available for both clinicians and the intelligent lay public on this subject.

Attachment, Trauma and Multiplicity explains the phenomenon of DID, the conflicting models of the human mind that have been found to try and understand it, the political conflict over the subject, and, with the permission of patients, clinical accounts. Valerie Sinason, along with an impressive array of contributors, covers: the background history and a description of the condition, issues of diagnoses, treatment issues, the stages of dissociation that lead to full-blown DID, and the legal and management problems.

