



Neurobiology and Treatment of Traumatic Dissociation: Towards an Embodied Self

By *Ulrich F. Lanius PhD, Sandra L. Paulsen PhD, Frank M. Corrigan MD*

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Neurobiology and Treatment of Traumatic Dissociation: Towards an Embodied Self By Ulrich F. Lanius PhD, Sandra L. Paulsen PhD, Frank M. Corrigan MD

Encompassing the contributions of expert clinicians and researchers in the area of traumatic stress and dissociation, this volume is the first to integrate current neuroscience research regarding traumatic dissociation with several cutting-edge approaches to treatment, providing a comprehensive, neurobiologically based treatment approach.

The text discusses current neuroscientific research regarding traumatic stress and dissociation that includes attachment, affective neuroscience, polyvagal theory, structural dissociation, and information processing theory, yielding a comprehensive model that guides treatment and clinical interventions for traumatic dissociation. It then integrates this model with stage-oriented treatment and current therapeutic interventions, including EMDR, somatic and body psychotherapy approaches, Ego State Therapy, and adjunctive pharmacological interventions. Readers are given hands-on practical guidance regarding clinical decision making, enabling them to make sound choices about interventions that will facilitate optimal treatment outcomes.

Key Features:

- Provides a broad-based treatment approach to traumatic stress syndromes and dissociation
- Offers accessible current research in the basic neurosciences relevant to our understanding of attachment, traumatic stress, and dissociation
- Includes practical suggestions for integrating EMDR, somatic, and body psychotherapy approaches with Ego State Therapy and adjunctive pharmacological interventions
- Integrates concepts from the affective and cognitive neurosciences and the study of consciousness
- Presents a comprehensive neurobiological model that accounts for the therapeutic effects of both somatic therapies and EMDR, as well as adjunctive pharmacological interventions

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Editorial Review

From the Back Cover

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About the Author

Ulrich F. Lanius, PhD, RPsych, BCETS, is a clinical and neuropsychological psychologist, EMDRIA Approved Consultant, and EMDR Institute Facilitator who is currently in private practice in British Columbia, Canada. He is also an expert witness for the supreme court of British Columbia, a board certified expert in traumatic stress, and a Diplomate, American Academy of Traumatic Stress. His is co-author of EMDR Solutions II: for Depression, Eating Disorders, Performance, and More and author of Traumatic Dissociation: Neurobiology and Treatment and Trauma and the Body: A Sensorimotor Approach to Psychotherapy, among many others. He has presented at EMDRIA, EMDR Association of UK and Ireland, Pacific Coast Brain Injury Conference, and the World Congress of Behavioral and Cognitive Therapies.

||Sandra Paulsen, PhD, is co-founder of the Bainbridge Institute for Integrative Psychology, WA. She provides consultation to individuals and organizations, emphasizing clinical specialties including EMDR, energy psychology, trauma, dissociation, ego state therapy, and consultation. She is an ongoing consultant to the Bank of America. Dr. Paulsen is the author of Looking through the Eyes of Trauma and Dissociation: An Illustrated Guide for EMDR Clinicians and Clients, and a contributing author to numerous volumes. She is a frequent presenter at EMDRIA, APA, the International Society for the Study of Trauma and Dissociation, and the American Society for Clinical Hypnosis. She is an EMDRIA Approved Consultant, and an EMDR Institute Facilitator. Dr Paulsen is an Awarded Fellow of International Society for the Study of Trauma and Dissociation, an EMDR Institute Certified EMDR Facilitator and Workshop Specialty Presenter since 1992, and an EMDR International Association Certified Consultant and Instructor. |Francis Martin Corrigan, MD,

is the Consultant Psychiatrist at Argyll & Bute Hospital, Scotland, with responsibilities for general psychiatric evaluations for all in/out patients. He is a psychiatrist, neuroscientist and researcher, and an accredited EMDR consultant - EMDR Association UK & Ireland. Dr. Corrigan's primary interests include trauma therapy, EMDR and sensorimotor psychotherapy. His recent publications have appeared in the Journal of EMDR Practice and Research, Medical Hypotheses, Acta Psychiatrica Scandinavia, Contemporary Hypnosis, and the Journal of Toxicology and Environmental Health.

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