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Complex PTSD: Four
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Trauma November 2016

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Bessel van der Kolk on

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On healing trauma, the
nervous system,
parenting. \u0026 more.

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□ Illustrated, September
25, 2012. by Laurence
Heller Ph.D. (Author),
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(Author)

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for those working to
heal developmental
trauma and seeking new
tools for self-awareness.

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and growth, this book focuses on conflicts surrounding the capacity for connection.

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LaPierre, PsyD. This
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Developmental trauma is the result of ongoing injurious parenting that is beyond a child's control.

Healing Developmental Trauma—Dr. Aline LaPierre

Throughout the stages of a child's development, there is an interplay between shock

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and developmental trauma. In early development, shock traumas—for example early surgery, an infant's or mother's illness, death in the family, or global events such as being born into wartime—have a disruptive effect on the attachment process.

Author

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□ Healing Developmental

Trauma presents a

comprehensive

exploration of our
deepest human urge.

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Larry Heller and Aline

LaPierre weave a rich

and coherent synthesis

of childhood

development in the

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Wilhelm Reich, Erik
Erikson, and Alexander
Lowen.

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readable, a book hard to
put down - successfully
merges the worlds of
psychotherapy,
neuroscience, NLP (my
insight) and somatic

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awareness into a truly
innovative 21st century
healing science which
describes early
developmental trauma
to a great extent; a
subject closely affiliated
to Complex-PTSD: [a
psychological disorder
through prolonged,
repeated experience of
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Heller, Laurence :

Paperback 2012
Although it may seem
that humans suffer from
an endless number of

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emotional problems and challenges, Healing Developmental Trauma How Early Trauma Affects Self Regulation Self Image And The Capacity For Relationship Paperback 2012
presents a model for psychotherapy and growth showing that most emotional difficulties can be traced back to the compromised development of one or more five core capacities.

Laurence Heller
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Calgary Public ...~~

Last week I posted an article about the Harvard study on happiness, which found that strong social connections are the primary driver of happiness. No surprise there. What struck me, however, is how these findings relate to ACEs.

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I had just finished reading *Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship*, which addresses...

~~Healing Developmental Trauma~~

~~ACEs Connection~~

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Developmental Trauma
is a vital read for anyone
looking to understand
and recover from
feelings of dissociation,
hopelessness and
despair. It is written
with helpful case studies
as well as insights into
how body-based
therapies can help one
achieve a more in tune
relationship with
themselves.

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