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designed for psychotherapists and their clients peter levine s latest best seller continues his groundbreaking exploration of the central role of the body in processing and healing trauma with foreword by bessel van der kolk author of the body keeps the score 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 utilizing 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 while much work has been done in the field of trauma studies to address explicit traumatic memories in the brain such as intrusive thoughts or flashbacks much less attention has been paid to how the body itself stores implicit memory and how much of what we think of as memory actually comes to us through our often unconsciously accessed felt sense by learning how to better understand this complex interplay of past and present brain and body we can adjust our relationship to past trauma and move into a more balanced relaxed state of being written for trauma sufferers as well as mental health care practitioners trauma and memory is a groundbreaking look at how memory is constructed and how influential memories are on our present state of being

the study of learning and memory is a central topic in neuroscience and psychology many of the basic research findings are directly applicable in the treatment of diseases and aging phenomena and have found their way into educational theory and praxis concise learning and memory represents the best 30 chapters from learning and memory a comprehensive reference academic press march 2008 the most comprehensive source of information about learning and memory ever assembled selected by one of the most respective scientists in the field john h byrne this concise version provides a truly authoritative collection of overview articles representing fundamental reviews of our knowledge of this central cognitive function of animal brains it will be an affordable and accessible reference for scientists and students in all areas of neuroscience and psychology there is no other single volume reference with such authority and comprehensive coverage and depth currently available represents an authoritative selection of the

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one of the most important and fascinating aspects of human growth is the development of memory a person s mental record of the past this book aims to provide an original in depth analysis of current areas of research on memory development

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