

[PDF] Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, And The Capacity For Relationship

Laurence Heller Ph.D., Aline Lapierre Psy.D. - pdf download free book

Books Details:

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Description:

Review *“Healing Developmental Trauma* presents a comprehensive exploration of our deepest human urge. Seasoned clinicians Larry Heller and Aline LaPierre weave a rich and coherent synthesis of childhood development in the pioneering tradition of Wilhelm Reich, Erik Erikson, and Alexander Lowen. This well-organized, valuable book offers easy-to-understand tools for all of us

who are seeking a better understanding of our fundamental conflicts between oneness and separateness, dependence and autonomy. *Healing Developmental Trauma* provides clear guidance to help us hold, with knowledge and self-compassion, those seemingly irreconcilable opposites and is a vital and accessible map supporting emotional maturity and psycho-spiritual growth.”

—Peter A Levine, PhD, author of *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness* and *Waking the Tiger: Healing Trauma*

“Laurence Heller, PhD and Aline LaPierre, PsyD's *Healing Developmental Trauma* provides a method that blends bottom-up and top-down approaches to regulating the nervous system, and provides the NeuroAffective Relational Model which focuses on maximizing client strengths and resiliency to integrate physical and emotional connections in the body.”

—*Midwest Book Review*

About the Author Laurence Heller, PhD, is the originator of the NeuroAffective Relational Model©, a unified approach to developmental, attachment, and shock trauma. He co-founded the Gestalt Institute of Denver and is a senior faculty member for the Somatic Experiencing Training Institute.

Aline LaPierre, PsyD, is an adjunct faculty member in the somatic doctoral program at Santa Barbara Graduate Institute. Trained as a psychoanalyst and as a hands-on somatic psychotherapist, she has been in private practice in Los Angeles for more than 25 years.

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