

# Somatic Psychotherapy Today

Volume 5 Number 3  
Summer 2015

Trending Somatic Practices Influencing Our Field Today



Special Summer Issue:  
Book Review





**E**UROPEAN  
**A**SSOCIATION FOR  
**B**ODY-  
**P**SYCHOTHERAPY

**Would you like to be connected to over 700 body psychotherapists throughout the world?  
 Would you like to exchange ideas, explore techniques and participate in developing theory with other colleagues?  
 Would you like to collaborate on research or training?**

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The European Association for Body Psychotherapy is a European-wide accrediting association with well-established membership criteria, training standards and ethical guidelines.

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The publications section of our website includes books, articles, videos, a bibliography of over 5000 entries and information on the new online International Journal of Body Psychotherapy.



The EABP website contains information about training programmes throughout Europe, our biannual congresses and national events, body psychotherapy research projects and membership.

For further information visit our website [www.eabp.org](http://www.eabp.org)  
 Or contact our Secretariat [secretariat@eabp.org](mailto:secretariat@eabp.org)

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**B**ODY-  
**P**SYCHOTHERAPY



# Somatic Psychotherapy Today

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### Volunteer Magazine Staff

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Nancy Eichhorn, PhD *Editor, Layout Design*

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BED *Cover Design*

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## From Our Editor



Traditionally, summer signals a change in pace. The weather warms and thoughts turn to outdoor pursuits. *Being* assumes more significance than *doing* as lazy temperatures call for laying on a grassy knoll creating cloud creatures and daydreaming. The tug of must-do slides into a sense of beingness as I expand into storylines that are not my own. A release from reality.

Summer is also a time to catch up on professional reading. The plethora of books recently released (2015) is amazing. When I received the spring book reviews from our fabulous USABP interns, I was floored by the reach of their work.

**The first review I read was by Michael Fiorini. He reviewed Ashley Davis Bush's book** concerning self-care for therapists. I had been in a writing group with Ashley a long while ago and was pleased to see her book reviewed. I connected with her through LinkedIn and extended an invitation to write a reflective piece to accompany the review. When her article arrived, I read it and became so immersed in her publishing journey that I forgot to read it as an editor! I read it a second time and just as before found the content so **engaging and entertaining that I had to consciously remind myself to "edit" this piece. I am honored to share Ashley's reflection along side Michael's detailed review.**

Michael Fiorini, Tricia Gunter, Anny Reyes and Helen Hu offer you, our readers, their **insights into many "hot-off-the-press" releases. I planned to share the reviews on our** Facebook page and our website blog and then realized, we must create a Special Summer book Review issue, something our readers can print and take to the beach. You can read short reviews and decide which books you want to dedicate precious time to reading. I invite you to relax and read—and if an article resonates with you, please do let us know. We appreciate all feedback.

Warmly,

*Nancy Eichhorn, PhD*

Nancy@nanceyeichhorn.com

Please note that all USABP intern reviews are also posted on the [International Journal of Psychotherapy](#) website.

# Our Contributors



Michael Fiorini graduated from NYU's psychology and sociology departments with honors last May, and is currently in the process of looking for and applying to doctoral programs in clinical psychology. As a student, he has written two theses and conducted a qualitative sociological survey analyzing comparative perceptions of discrimination. He has worked in

numerous psychology laboratories, and studied drug efficacy for treatment of schizophrenics, early childhood education intervention, and the cognitive influences on morality. Michael is an avid writer as well, and regularly participates in writers workshops across New York City. In addition to writing for SPT, he volunteers at the Samaritans crisis hotline for suicide prevention.

Tricia Gunter, MA, NCC is an eclectic therapist, educator, and consultant. She is a Summa Cum Laude graduate of Virginia State U., and an Honors graduate of Regent U. with a BS in Psychology and a MA in Counseling. Her experience spans a diverse range of client populations in government, non-profit, school, community, hospital, and business settings. Formerly a chapter president of Chi Sigma Iota International Counseling Honor

Society, and currently a lifetime member of Psi Chi International Psychology Honor Society, her passion is helping to optimize individuals, groups, and businesses.

Tricia looks forward to an ever-expanding private practice, consulting, and academic career. <https://sites.google.com/site/counselingandcoachingservices/> email: [Triciangunter@gmail.com](mailto:Triciangunter@gmail.com)



Anny Reyes is a masters student in psychology at New York University. She has a BS in biology with a concentration in neuroscience. Anny has extensive research experience in neuropsychology, biochemistry, neurochemistry, and animal behavior. She has conducted research at The Rockefeller University, SUNY at Albany, and currently at New York University School of Medicine. Her current research studies anxiety in patients with temporal lobe epilepsy. She will apply to

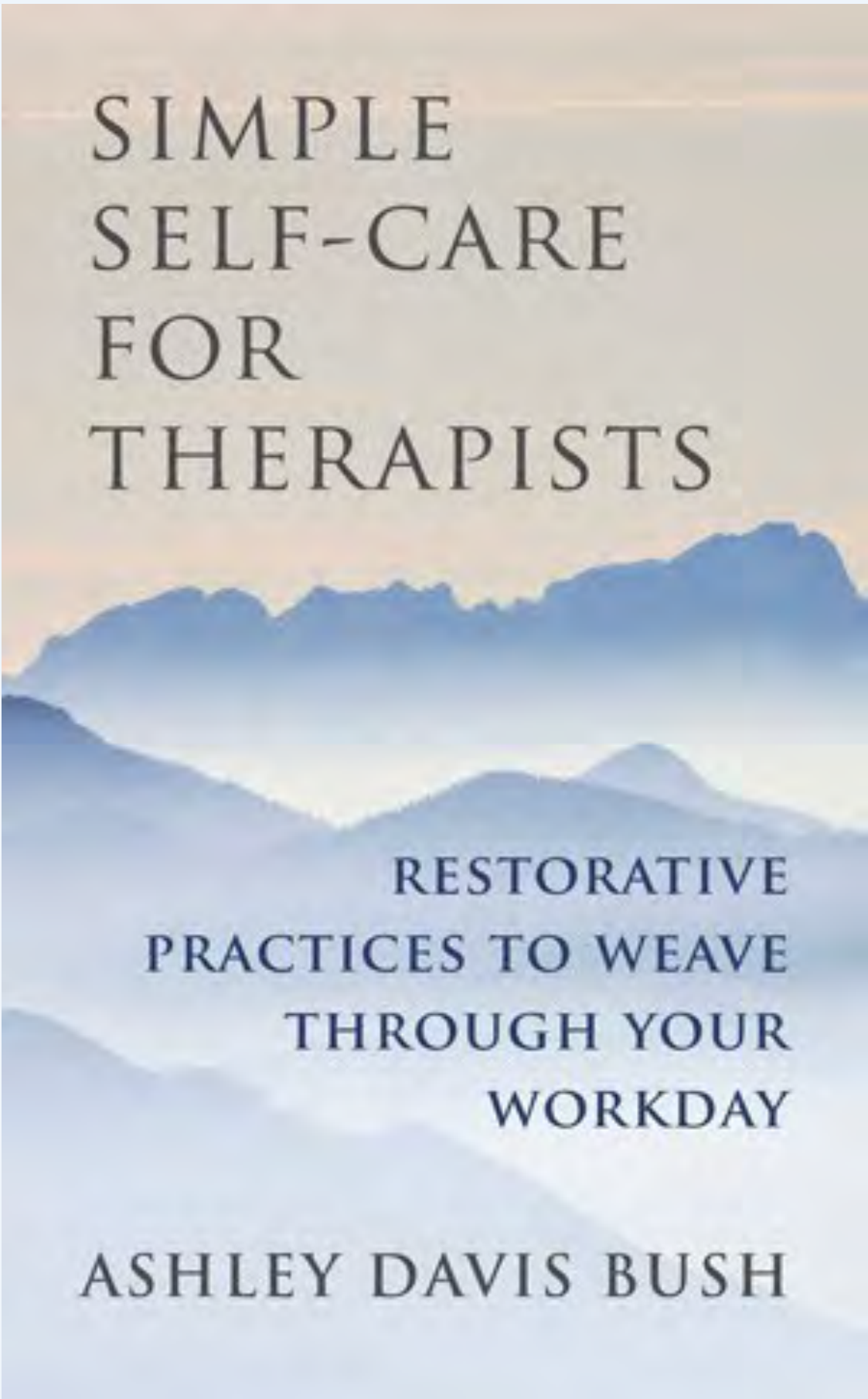
doctoral programs in clinical neuropsychology this fall. Her main goal is to use neuroimaging as a tool to study the effects of epilepsy on the developing brain and to study the comorbidity of autism and epilepsy. She hopes to become a well-rounded and multi-skilled researcher with the ability to incorporate both her expertise in neuroscience and psychology to study brain-behavior. Email: [ar4240@nyu.edu](mailto:ar4240@nyu.edu)

Helen Hu is a senior at New York University majoring in psychology and minoring in child and adolescent mental health studies. She plans to attend medical school in the future and specialize in child psychiatry; as an individual who has had her own experiences regarding therapy, Helen hopes to provide support for other students as she believes that mental well-being is crucial during this

stage of life. Her interest in psychology and passion for medicine began at an early age and she feels especially honored to be included in this special issue of the Somatic Psychotherapy Journal.

Helen currently resides in Brooklyn, New York and can be contacted via email at [helen.hu@nyu.edu](mailto:helen.hu@nyu.edu).





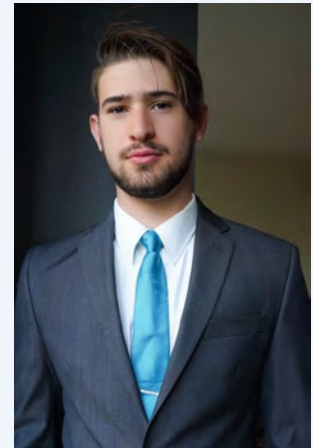
SIMPLE  
SELF-CARE  
FOR  
THERAPISTS

RESTORATIVE  
PRACTICES TO WEAVE  
THROUGH YOUR  
WORKDAY

ASHLEY DAVIS BUSH



Reviewed by: Michael Fiorini



The primary concern of *Simple Self-Care for Therapists* is to break down effective methods to combat burnout and work-related stresses specific to practicing psychotherapists. In addressing this, Bush outlines myriad common scenarios coupled with personal anecdotes to illustrate what the scenarios might look like. After taking into consideration the background of a specific problem encountered by a therapist, Bush then discusses one or more approaches, which are broken down simply to ameliorate negative affect. The scope of potential issues that the book discusses, despite the impossibility of capturing every potential avenue of stress, makes it highly effective in addressing common problems experienced by therapists, especially those emotionally grounded. Incorporating mindfulness, meditative practices, reframing, and even basic beneficial physical health practices like maintaining a proper sleep schedule are discussed at length and broken down in detail. The goal here is for therapists to find how best to help themselves through outlined techniques.

The end result of these practices, ideally, is to restore an emotionally healthy, productive, and reinvigorated outlook to psychotherapeutic work. Drawing upon over sixty different restorative practices, Bush presents tools for grounding, energizing, and relaxing in reaction to or in preparation for various clinical situations.

The dialogue feels less like a self-help book and more like a workshop. Providing the intellectual space to absorb and utilize proven techniques to improve the self is where this really makes a significant impact for the professional community at large.

Vicarious trauma, compassion fatigue, and burnout are central to this guide, but much more tangential experiences are additionally discussed to increase **the tools' scope of application**. Focusing squarely on practicing clinicians, the language and structure are tailored to fit a model of self-care that will translate easily for therapists, additionally drawing upon eastern philosophic concepts and humanistic theory to frame goals and refocus existential conception.

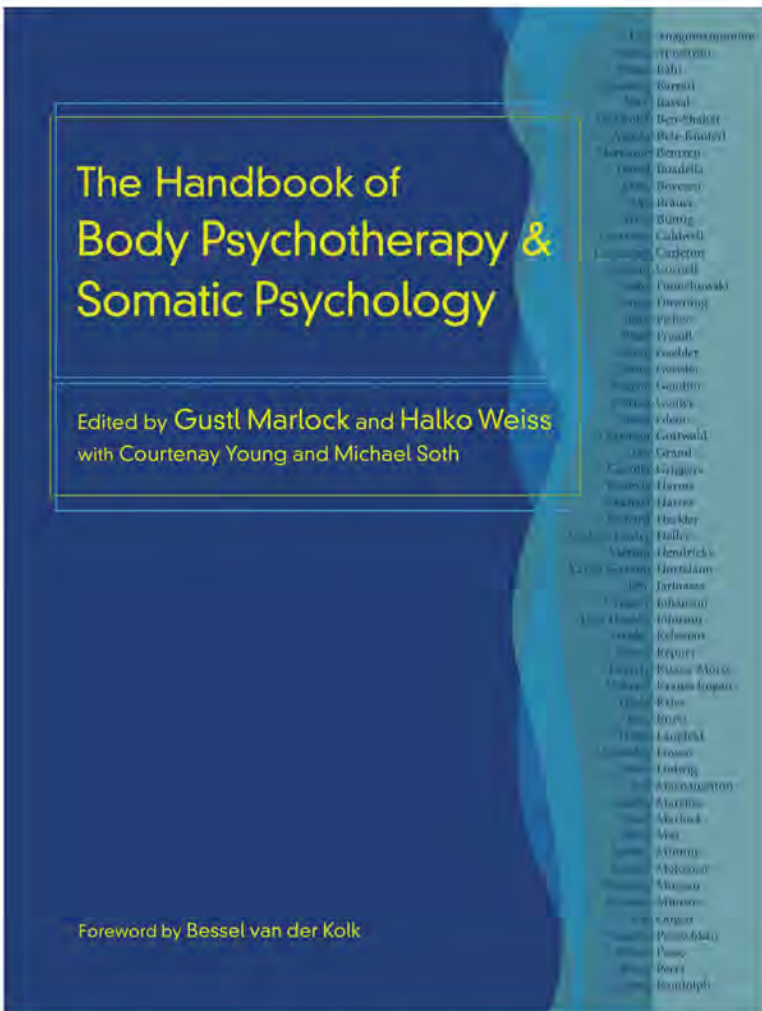
For those psychology professionals who seek to address the problems commonly affecting their practice, *Simple Self-Care* is an excellent starting point. Its helpful examples, techniques, and breakdown of approach serve to make the process of much needed self-improvement and empowerment streamlined and easily accessible. Importantly, there is a **common aspect throughout the book's narrative that feeling like you've hit a roadblock in your therapeutic practice and outlook is fairly common and completely normal given the emotional sensitivity of the work being done**. Taking this into account is an underlying goal throughout the book. The personal anecdotes accompanying examples and

the community or forum-based origins of solutions for them ultimately serve to remind practitioners that what is discussed are shared negative experiences. The dialogue, as a result, feels less like a self-help book and more like a workshop. Providing the intellectual space to absorb and utilize proven techniques to improve the self is where this really makes a significant impact for the professional community at large.

**Ashley Davis Bush** works as a psychotherapist and grief counselor in a private practice. She conducts workshops and trainings on a variety of professional and self-help topics around the country as well. She has appeared on a number of national TV and radio programs, and has published six books, including *Shortcuts to Inner Peace* and *Transcending Loss*.

Her website offers more information at: <http://www.ashleydavisbush.com/>

Bush, A. (2015). *Simple Self-Care For Therapists: Restorative Practices To Weave Through Your Workday*. New York, NY: W.W. Norton. ISBN: 978-0-393-70837-0. Hardcover. 273 pages. Includes index and references.



## Handbook of Body Psychotherapy and Somatic Psychology

Gustl Marlock and Halko Weiss with Courtenay Young and Michael Soth

GUSTL MARLOCK has nearly 30 years of experience as a psychotherapist; he is the director of a German training program in Unitive/Integrative Body Psychotherapy and a lecturer and supervisor for psychodynamic psychotherapy at the Wiesbaden Academy for Psychotherapy. HALKO WEISS, PHD, is a clinical psychologist and lecturer for the University of Marburg and for the Bavarian Chamber of Psychotherapists. He is a cofounder of the Hakomi Institute in Boulder, Colorado. COURTENAY YOUNG was resident psychotherapist for 17 years at the Findhorn Foundation, an international spiritual community in Scotland. He was both president and general secretary of the European Association of Body Psychotherapy (EABP) for many years, and has been the lead writer on The EAP Project to Establish the Professional Competencies of a European Psychotherapist ([www.psychotherapy-competency.eu](http://www.psychotherapy-competency.eu)). MICHAEL SOTH is an integral-relational Body Psychotherapist, trainer and supervisor (UKCP), with more than 20 years' experience of practicing and teaching from an integrative perspective. He was Training Director at the Chiron Centre for Body Psychotherapy from 1992 to 2010.

**Written for practicing therapists as well as those in training, *The Handbook of Body Psychotherapy and Somatic Psychology* is the definitive book on this emerging major branch of psychotherapy.**

Psychologists and therapists are increasingly incorporating somatic or body-oriented therapies into their practice, making mind-body connections that enable them to provide better care for their clients. From EMDR to mindfulness techniques, Body Psychotherapy stresses the centrality of the body to overcoming psychological distress, trauma, and mental illness. *The Handbook of Body Psychotherapy and Somatic Psychology* compiles nearly 100 cutting-edge essays and studies that provide a comprehensive overview of this fast-growing field. Designed as a standard text for somatic psychology courses, this book will be indispensable for students of clinical and counseling psychology, somatic psychology, and various forms of body-based therapy (including dance and movement therapies). It is also an essential reference work for most practicing psychotherapists, regardless of their therapeutic orientation.

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**E-BOOK**

AVAILABLE IN EARLY 2015



North Atlantic Books  
Berkeley, California



## Going to the Prom

By Ashley Davis Bush, LICSW

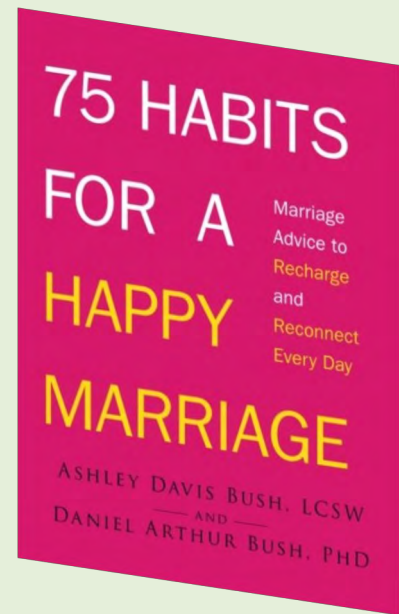
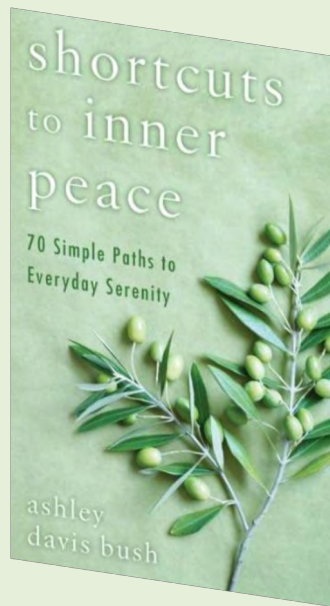
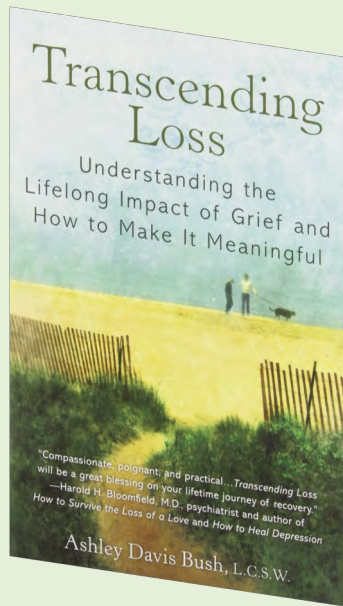
Honestly, I never set out to become an author. In fact, as I sit here eighteen years after my first book was published, I'm still not sure how it all happened. One thing led to another and the rest, as they say, is history.

But let me start at the beginning. It was 1992 and I was thirty years old, living in New York City. For some reason, I got the idea to write a book about grief. I can assure you that this made absolutely no sense; I had no personal experience with grief nor personal experience with formal writing (unless you count chronic journaling since the age of eight). I was a young therapist with little experience.

Nevertheless, I had conceived this idea **and I couldn't let it go. Or more accurately, it wouldn't let me go.** I'd wake up in the night jotting down notes and began carrying a small notebook

with me to record the ideas that came at all hours. The momentum to write was fierce and I was along for the ride. Next step: I took a course on nonfiction writing and publishing to learn about the nuts and bolts.

In retrospect, all I can say is that some undeniable and unavoidable force wanted me to write that book. The Muse blew through me and I just had to cooperate and do the work. Within two years I had an agent; within three years I had a contract; and within five years, in 1997, *Transcending Loss* was born.



Shortly after that publication, a second book snuck into the world. But it shall remain nameless, as it was in and out of print before anyone noticed. I even wrote a novel during that time period, but no one was particularly interested in it. Still, I was uplifted by the belief that only a *real* writer had an unpublished novel in her desk drawer.

Sadly, after that brief period of two published books, the well ran dry. Or rather the publishing well ran dry. I continued to come up with book ideas **but they didn't go anywhere. Year after year, I spun ideas into compelling book proposals but year after year my agent could not sell a single one. It was as if, no matter what I did, I simply couldn't get invited to the prom. My agent and I amicably parted ways. The option of self-publishing felt too overwhelming at the time, so I fell into what turned out to be a decade long 'dark ages' of my writing career.**

I concluded that it had been a fun run but, clearly, my relationship with the writing and publishing world was over. I busied myself with the tasks of raising

my children, building my private practice, ending one marriage and beginning another.

Then, in 2009, something unexpected happened. The Muse visited me again. An idea came through so forcefully that I just had to grab a pen and take dictation. Within a few months of writing on nights, weekends, and even in between clients, I had a proposal and much of a manuscript for a book that came to be called *Shortcuts to Inner Peace*.

My husband helped me find a new agent who sold the book within two months. I **couldn't believe it! I was on the dance floor, an author again.** Inspiration was flowing and soon another book idea followed (along with a contract), making its presence undeniably known until the whole of it filled the pages of *75 Habits for a Happy Marriage*. Those two books **were like pesky mosquitos that wouldn't stop buzzing in my ears.** In fact, with each, I was driven to write those books and get them out to the world, either by self-publishing or traditional publishing.

Ahhhhh, then I felt done. Really done. The pipeline from creativity to writing and editing to marketing and promotion (book signings, radio shows, social media, conferences, sometimes even a television gig) is long indeed. It had been a terrific journey, but with three inspired books in print, I was happily hanging up my dancing shoes. Or was I?

In May of 2013, something unexpected happened (again). I received a letter in the mail from an editor at W.W. Norton. She had heard a workshop that I had offered through [goodtherapy.org](http://goodtherapy.org) (on therapist self-care) and wondered if there might be a book in it.

I was stunned. I knew what it was like to have my editor shop around my proposals, facing rejection after rejection **only to occasionally get a 'yes'.** But this, this was something altogether different. A publisher was *contacting me* to write a book? Suddenly I was being asked to the prom rather than begging to go.

**I had a problem. I wasn't sure I could** actually write the book. Sure, I had material for a two hour workshop . . . but for a 60,000 word manuscript? I only knew how to write books that blew through me like a summer storm, books that refused to take no for an answer. **Could I force a book? I honestly didn't** know.

Could I draft an outline and proposal that would simultaneously satisfy the **publishing house's requirements and** convince myself that I could write the book? I needed to reflect on whether I had the motivation and inspiration to live with the topic inside and out for a couple of years. So I went on a spiritual retreat to a monastery where I had been taking

refuge for many years. It was there that the outline for the book started to **unfold. It didn't feel quite as pressing** and as insistent as my other books, but it felt doable.

Within a few months, I had a contract with Norton and one year to produce the manuscript. Gulp. This really felt different. With the other books, I had been compelled by a power beyond my control to write, and I always seemed to find the time to work on them. They had been partially if not mostly written by the time I got a contract. This book, at least initially, felt like a weighty job hanging over my head. I never seemed to have enough time or energy to write.

I remember early on in the process **confessing to my agent, "I'm not really sure how I'm going to write this book. It wasn't my original idea and it doesn't seem to be springing forth."** He smiled, and said, "You'll write it. Just get quiet and let the material flow. Let yourself own it."

I took his words to heart and did, in fact, start to own it. I inhabited self-care from the inside out . . . reading about it, thinking about it, asking others about it, practicing it. I saturated myself with the material in order to stimulate my creativity and yes, happily, the ideas started flowing. The subject matter took root in my mind.

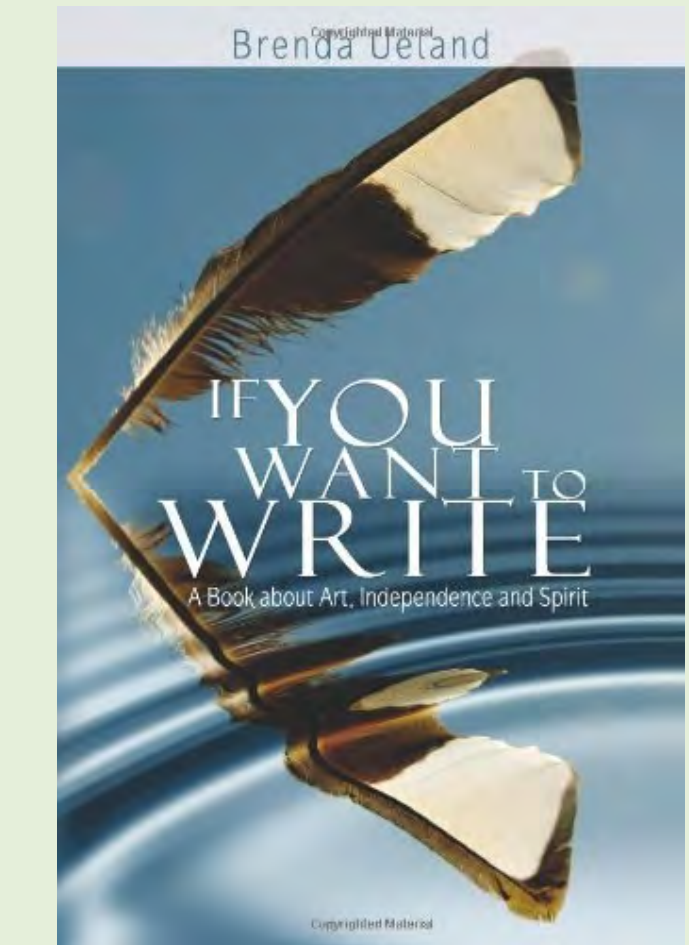
I put myself on a writing schedule, designating Monday mornings, Friday all day, and Saturday mornings as writing times. Additionally, I scheduled regular long weekends at spiritual retreat centers as my own private writing retreats.

For me, part of my writing process is that I never face an empty page, or an empty computer screen without first having at least the germ of an idea of what I want to write about. Before I even put fingers to keyboard (or pen to paper), I spend time doing what Brenda Ueland advised in her 1938 classic, *If You Want to Write*: I muddle. Moodling is her word for day dreaming, idling, giving yourself space to be thoughtful and creative. Some of my best moodling actually happens in the shower. Letting my head fill with ideas **keeps writer's block at bay. Once the thoughts spark, it generally feels easy to get to the computer and have the words spill from my fingers.**

Now, two years later, I am thrilled to see *Simple Self-Care for Therapists* in print. I am hopeful that it will be an asset to practitioners as they strive to take care of themselves so that they can better care for others. Although this book had a different sort of birthing process than my other books, it was still a fabulous journey in creativity and discipline.

And now, I can put away the dancing shoes. No, really. But then again, I've said before that I was done writing books. I guess the truth is that if inspiration strikes or an opportunity presents itself, I may well be on my way to the prom again. Fortunately, I really do enjoy the dance.

**Ashley Davis Bush LICSW** is a psychotherapist in private practice in southern New Hampshire with over twenty-five-years-experience in the mental health field. She is also the author of six self-help books, including *Transcending Loss* and *Simple Self-Care for Therapists*. She is a



Joel Friendlander (2010) reviewed Brenda Ueland's book, "If You Want to Write: A Book About Art, Independence and Spirit" which was originally published in 1938, and revised in a second edition in 1983. He writes . . . "even though this book is over 70 years old, I want to say up front that I think **it's the best short book on writing that I've ever read.** In fact, I defy you to read this book—barely 160 pages—and not come away a better writer. And a better person."

To read his full review about this amazing book, please visit [The Book Designer](#)

regular contributor to the Huffington Post and hosts a podcast on webtalkradio.net called 'Embracing Change.' For more information, check out her website at [www.ashleydavisbush.com](http://www.ashleydavisbush.com). You can email her at [ashleydavisbush@gmail.com](mailto:ashleydavisbush@gmail.com)

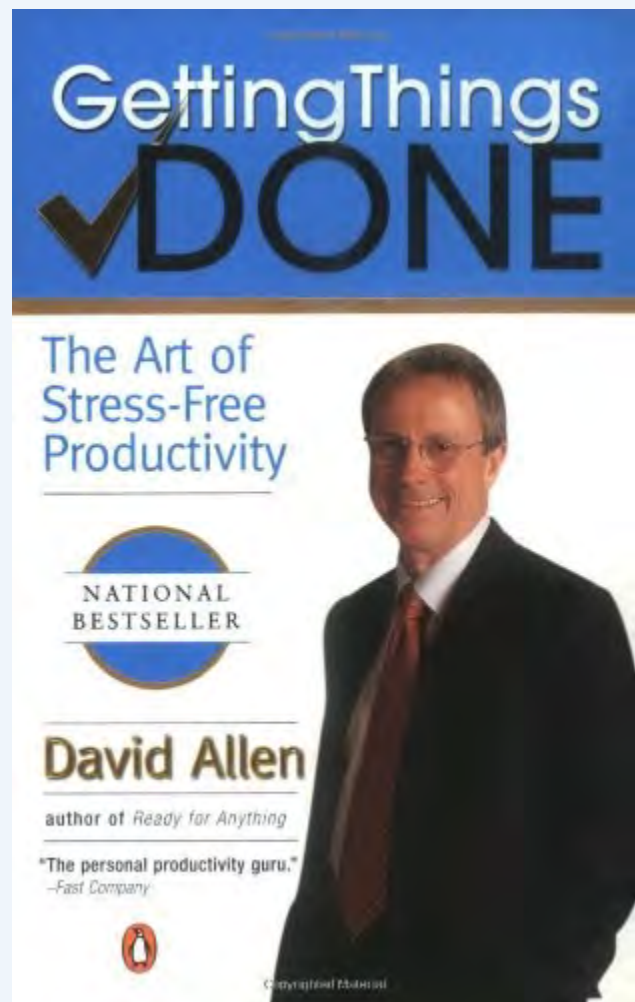
# ***Getting Things done: The Art of Stress-Free Productivity***



Written by David Allen

Reviewed by: Anny Reyes

For many, the twenty-four hours the day has to offer are not enough to complete the innumerable tasks and projects on their to-do list. Hundreds of books, workshops, and classes are offered to those interested in increasing productivity and efficacy. Large corporations invest millions of dollars to increase work productivity and train their employees in time management, self-efficacy and overall in ***Getting Things Done***. People are taking up more tasks and responsibilities at work and home and often find themselves submerged in a sea of stress and anxiety. Their solution to completing their work is to sacrifice their personal and family time, which ultimately creates more stress. The million-dollar question is: how do we become more productive while reducing stress and anxiety? David Allen provides an answer to this question with a simple and yet efficient



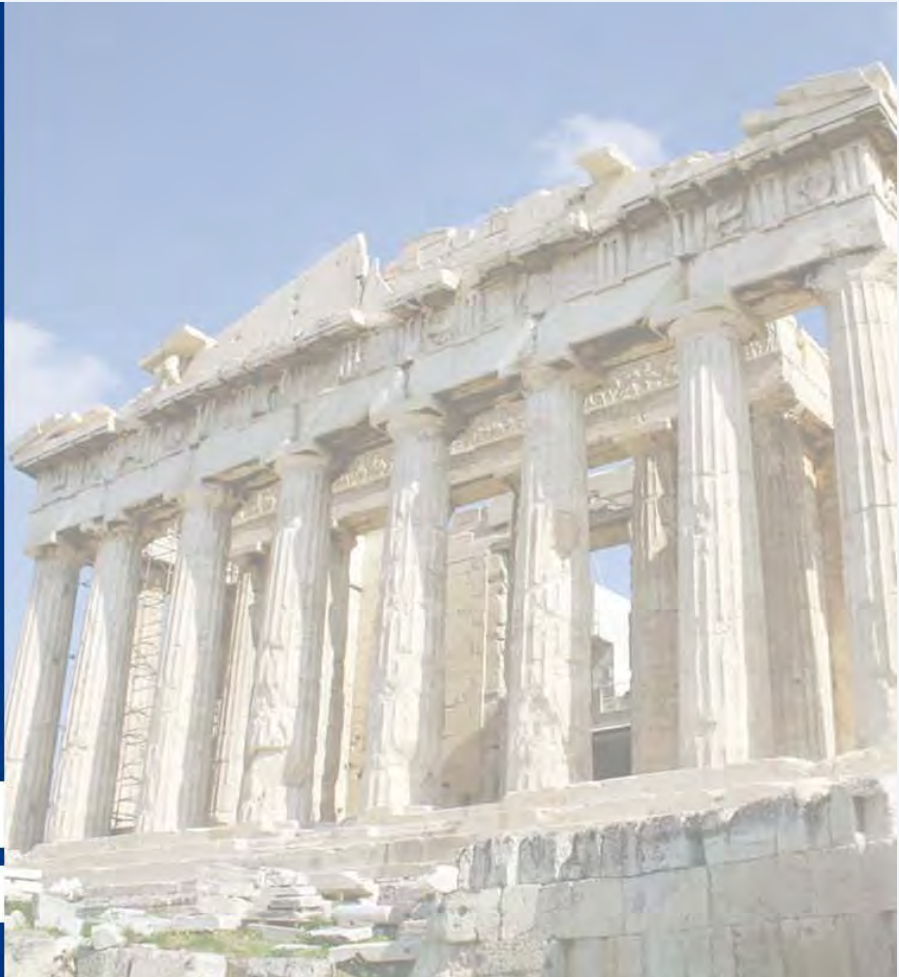


principle: write things down as you think **of them. In a nutshell, Allen's system of productivity** focuses on getting things out of your head, organizing them, and getting them done.

At first you might be overwhelmed with the amount of information provided, but you might then realize that the principle **is simple and easy to follow. Allen's approach is modular**, which could either be applied entirely or in a piece-meal basis. You could read the book from start to finish or browse for specific strategies and ideas. His advice is timeless and his strategies can be implemented in any setting be it at

work, home, or school. This book provides essential tools that will aid in maximizing output, minimizing input, and creating a stress-free productivity. Psychotherapists will find this book an excellent resource for clients who experience anxiety and stress due to **busy schedules. Allen's principle of writing things down is a concept many psychotherapists may agree is a useful tactic to alleviate anxiety and stress and organize one's life.**

Allen, D. (2015). *Getting Things Done: The Art of Stress-Free Productivity*. New York, NY: Penguin Books. ISBN: 978-0-14-312656-0317. Paperback. 317 Pages. Includes: index and appendix.



**Athens 2016**  
**15th European Congress**  
**of Body Psychotherapy**

**The Embodied Self**  
**in a dis-Embodied**  
**Society**

*Body Psychotherapy 2016*

**13-16 October 2016**  
Pre-congress workshops:  
11-12 October

**EABP** EUROPEAN ASSOCIATION FOR BODY PSYCHOTHERAPY

**ΠΕΣΩΨ** ΠΑΝΕΛΛΗΝΙΑ ΕΠΙΣΤΗΜΟΛΟΓΙΚΗ ΕΝΩΣΗ ΣΩΜΑΤΙΚΗΣ ΨΥΧΟΘΕΡΑΠΕΙΑΣ

# Psychotherapy Essentials To Go: Achieving Psychotherapy Effectiveness

Edited by

Molyn Leszcz, Clare Pain, Jon Hunter, Paula Ravitz and Robert Maunder

Reviewed by: Tricia Gunter, MA, NCC



*Psychotherapy Essentials To Go: Achieving Psychotherapy Effectiveness* is the collaborative work of five North American Medical Doctors who are Fellows of the Royal College of Physicians and Surgeons of Canada. The book highlights concepts such as the interpersonal circumplex, maladaptive loops, unresolved trauma, transference, and countertransference as tremendously important, yet often overlooked components of client-counselor relationships. The authors suggest that the use of any research-based treatment modality can be enhanced by addressing these issues that commonly emerge in psychotherapy via metacommunication and mentalizing. Equipped with a Glossary of important terms, a DVD with corresponding in-

*Psychotherapy Essentials To Go* is appropriate for seasoned professionals as a brief refresher. However, most established therapists would not likely find the information particularly novel or innovative. Nevertheless, the benefits to students, beginning counselors, and even helping professionals who are having difficulty navigating common barriers to effective treatment are immense.

book references, transcripts, lesson plans, a quiz, and other therapist resources, *Psychotherapy Essentials To Go* is not only useful for practicing therapists, but can be an excellent tool for professors, clinical supervisors, or any professional responsible for training clinicians or students as they prepare for the practice of psychotherapy.

The DVD serves as an audiovisual component with role-plays that allow readers/viewers to empathize with both clients and counselors and facilitates the conceptualization of principles described throughout the book. Transcripts of the video sessions found in the book can be used independently or coupled with the viewing of the DVD. These options reinforce the learning acquired from both the video presentation and the reading. The lesson plans include charts to be filled in, open-ended questions, and a separate answer key. The Practice Reminder Summary, a six-page synopsis of important

information, includes a list of therapist qualities and characteristics; charts that depict the relationship between **clients' background, attachment styles,** and internal working models; and short paragraphs highlighting the essence of the ideas explained in greater detail in the body of the text. The authors also provide a list of recommended authoritative works.

*Psychotherapy Essentials To Go* is appropriate for seasoned professionals as a brief refresher. However, most established therapists would not likely find the information particularly novel or innovative. Nevertheless, the benefits to students, beginning counselors, and even helping professionals who are having difficulty navigating common barriers to effective treatment are immense. Whether read independently or in an academic setting, *Psychotherapy Essentials To Go* fulfills its authors' purpose of assisting readers in achieving psychotherapy effectiveness and is a useful tool for therapists striving for success.

Leszcz, M., Pain, C., Hunter, J., Maunder, R., & Ravitz, P. (2015). *Psychotherapy Essentials To Go: Achieving Psychotherapy Effectiveness*. New York, NY: W. W. Norton & Company Inc. ISBN: 978-0-393-70826-4. Paperback. 179 pages. Includes index, references, and other resources.



# KEYS TO PRACTICING MINDFULNESS

PRACTICAL STRATEGIES  
FOR EMOTIONAL HEALTH  
AND WELL BEING

**Manuela Mischke-Reeds**

Foreword by **Babette Rothschild**



## ***8 Keys to Practicing Mindfulness: Practical Strategies For Emotional Health and Well-Being***

Written by Manuela Mischke-Reeds

Reviewed by: Michael Fiorini

***8 Keys to Practicing Mindfulness: Practical Strategies For Emotional Health and Well-Being*** aims to serve readers as a beginner's guide to mindfulness, meditation, and yogic practices that can lead to improved emotional health and overall well-being.

As part of the "8 Keys" series of books, it grounds the subject matter with intermittent psychological findings while still maintaining wide-reaching accessibility. It is designed for those without any background in mindfulness training, so professional readers will find it an invaluable resource for outlining mindfulness instruction, either for themselves or for use with clients. Because it is written as a narrative heavily influenced by yogic practice, the book encourages a comfortable pace. Notably, it is designed for practical use that can address the common stressors and negative affect associated with typical western living and working conditions, making it highly salient for those viewing mindfulness instrumentally. It accompanies methods for reframing

thought processes and awareness with postures, poses, and meditation techniques that give greater efficacy to shifting internal states of mind.

Broken down into the title's eight keys for practicing mindfulness, the book organizes itself so that the most basic and essential concepts are worked through before more involved tangential practices are explored. In order, the book covers how to meet at the present moment, how to start where you are, how to slow down, how to befriend your body, how to trust your sensations and tame your emotions, how to "ride through the times," how to cultivate inner calmness, and lastly how to choose abundance. The process undertaken in the book is meant to gradually shift

perspective toward tumultuous inner states in order to later generate and shift into meditative ones. Before covering the eight keys, there is a brief introduction to the book series and an explanation of some of the physical postures involved in processing meditative stances.

Following the keys is an epilogue detailing how to practice mindfulness on the road, and includes references and helpful resources for interested readers to deepen their knowledge of covered topics. Throughout all sections, the dialogue used is highly conscious of both the engaged and skeptic perspective, and frequently presents exercises and guidelines to captivate readers.

Since the work outlined in the book is not necessarily intuitive for all readers, this proves effective in assisting learning and expanding capacity for personal growth.

The true vocation of *8 Keys to Practicing Mindfulness* is its ability to bring novice readers into mindfulness, meditation, and yogic practices with some key theoretical psychological underpinnings. In this way, it is an excellent book for those involved in providing or participating in psychotherapy that might benefit from such supplementary practices. As it

has been a proven choice for aiding treatment in some circumstances, those therapists otherwise unaccustomed to mindfulness practices outside of formal structured therapies like CBT will find the book a very helpful guide to learn more about it. Many may also manage, through expansion of their own capacity for mindfulness, an avoidance of the burnout and pitfalls that experienced practitioners sometimes undergo. The frequent exercises provided also allow professionals to utilize what existing or gained knowledge of mindfulness they have, teach them to clients, and avoid complexity or ambiguity in their explanation.

The true vocation of *8 Keys to Practicing Mindfulness* is its ability to bring novice readers into mindfulness, meditation, and yogic practices with some key theoretical psychological underpinnings.

**Manuela Mischke Reeds, MA, MFT**, is an international teacher of mindfulness-based and somatic psychology. She works as a co-director of the Hakomi Institute of California, and teaches in the US, Europe, and Australia. Practicing meditation for 25 years, she is a frequent trainer of professionals in mindfulness meditation, movement therapy, and trauma and attachment, while also maintaining a separate private practice.

Mischke Reeds, M. (2015). *8 Keys to Practicing Mindfulness: Practical Strategies For Emotional Health and Well-Being*. New York, NY: W.W. Norton. ISBN: 978-0-393-70795-3. Paperback. 230 pages. Includes index, resources, and references.






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	<b>Dr. Joan Borysenko, Ph.D</b> New York Times Best Selling Author and distinguished pioneer in integrative medicine as world-renowned expert in the mind/body connection.	<b>FRIDAY</b>
	<b>John Gray</b> Best Selling Author of, "Men Are from Mars, Women Are from Venus" and he has appeared on The Today Show, CBS Morning Show, Good Morning America, The Early Show, The View, and many others. He has been profiled in Time, Forbes, USA Today and People.	<b>SATURDAY</b>

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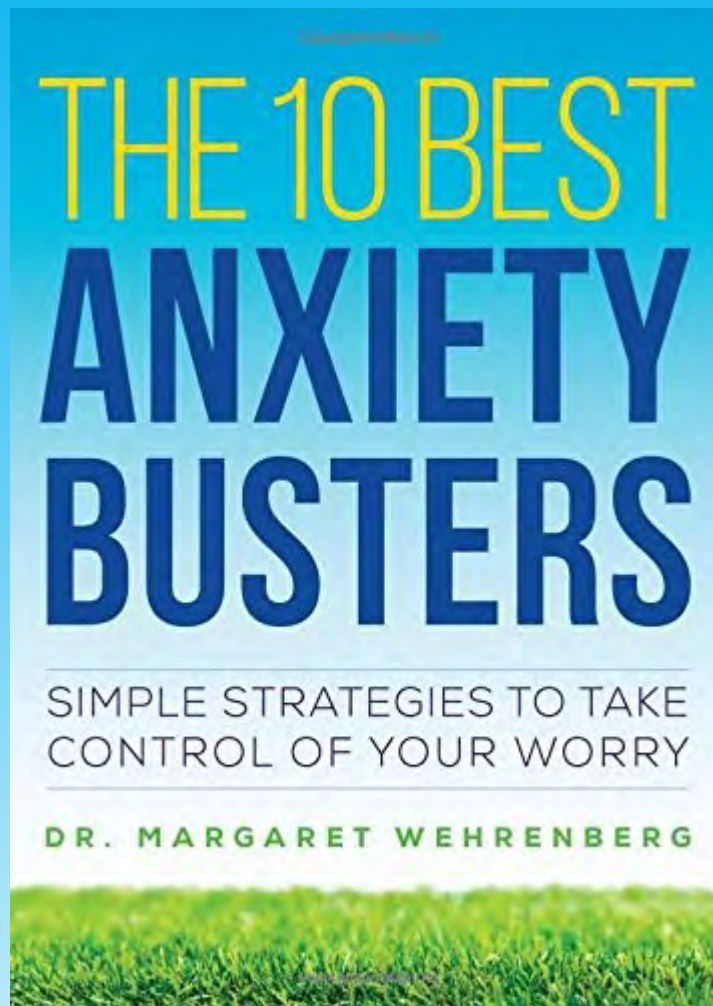
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Reviewed by: Michael Fiorini

*The 10 Best Anxiety Busters: Simple Strategies to Take Control of Your Worry* is a straightforward self-help book aimed at helping average readers cope with anxiety. Modeled as a diagnostic manual as well as a walkthrough for enhancing mindfulness, the focus of the book is to assist those unfamiliar with mindfulness techniques and simple therapeutic exercises to expand their ability to recognize and address their feelings. The author breaks down ten methods to relieve anxiety that come from a variety of different perspectives. She relies on increasing self-awareness and instructs readers in relaxation techniques. She also outlines the thought processes she believes should be reconsidered and habits to avoid or alter, framing stressful lifestyles and what psychological effects they have on people. Tips for handling specific stressful situations are also covered towards the end of the book. Not relying on research or clinical examples, the book is primarily aimed at the layperson unaccustomed to common forms of stress management. For those just beginning therapy or for those unfamiliar with basic mindfulness and self-evaluation strategies, the material outlined here may be useful as a means of framing and breaking down the subject.



The point of *Anxiety Busters* is to offer effective strategies for reducing stress and tension in a simple and straightforward way; therefore, most of the book is written in a conversational, narrative style. It frequently incorporates a diagnostic list format of important questions readers should ask themselves as they progress through techniques. Emphasis is on the most basic and essential stress management techniques; so, for example, topics covered range from biological strategies like cutting down on CATS (caffeine, alcohol, tobacco, and sweeteners/sugars) to psychological ones, such as critically analyzing situations that are causing stress in order to reframe feelings. The chapters, in order, cover CATS, breathing techniques, mindfulness for shifting awareness, relaxation techniques, situation analysis, how to exchange negative thoughts for productive ones, how to contain worry, finding helpful distracting activities, limiting too much activity, and how to practice and plan. The book ends with tailored steps for addressing situations as varied as being nervous on a plane to having a recent death or severe illness in the family. Throughout, each part is paced so that readers can stop what **they're doing and thinking and work** through their emotions one step at a time.

Because its focus is primarily on those directly feeling stress and it primarily incorporates standard techniques many therapists are already familiar with, the book might not be well-suited for use by professional readership. Therapeutically, it might serve best as a form of homework or recommended reading for clients. Still, it does reiterate some important concepts that people suffering from severe or constant stress will find

**Because its focus is primarily on those directly feeling stress and it primarily incorporates standard techniques many therapists are already familiar with, the book might not be well-suited for use by professional readership. Therapeutically, it might serve best as a form of homework or recommended reading for clients.**

effective and helpful, and so some might find the book a good reference point for treatment outlining and goals. Those struggling to explain certain techniques or aspects of mindfulness covered here will similarly find the language and presentation easy to explain and digest. Due to its self-help focus, the book has little to offer outside of direct instruction and rudimentary examples, so unless one needed to familiarize themselves with the most basic of techniques, the book is likely not going to offer much in the way of meaningfully expanding therapeutic practice.

**Margaret Wehrenberg, PsyD**, is a licensed clinical psychologist working in a private practice. A popular public speaker, she has written extensively on methods for treating anxiety and depressive symptoms.

Wehrenberg, M. (2015). *The 10 Best Anxiety Busters: Simple Strategies to Take Control of Your Worry*. New York, NY: W. W. Norton. ISBN: 978-0-393-71076-2. Paperback. 253 pages. Includes index.

# The Inner Life of the Dying Person

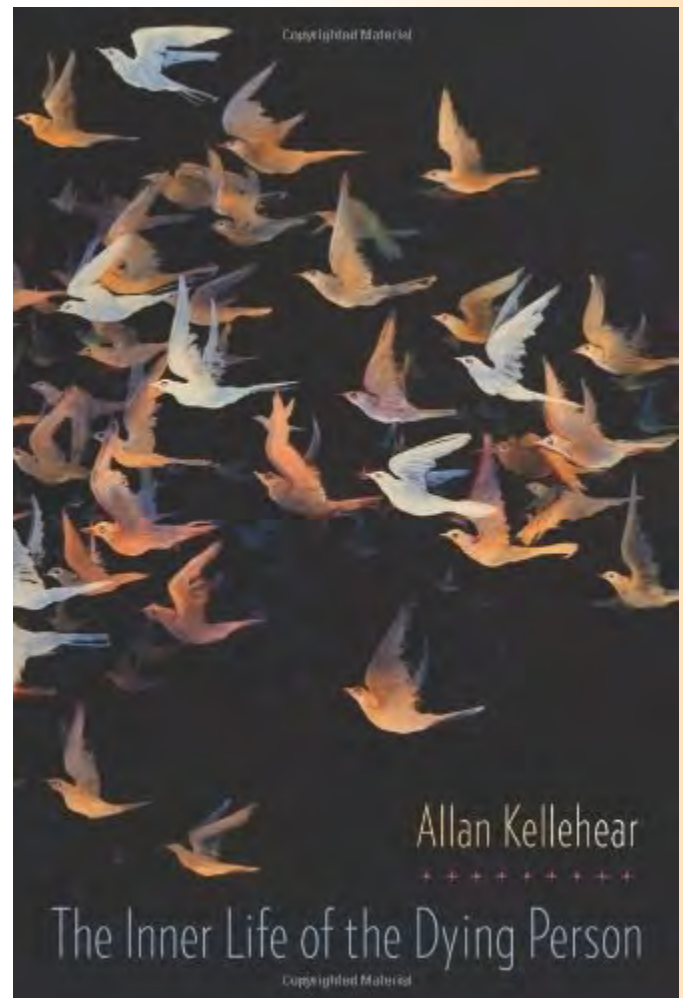


Written by Allan Kellehear

Reviewed by: Michael Fiorini

*The Inner Life of the Dying Person* discusses at length the internal experiences of people who are dying. To examine this, Kellehear draws his analysis from ideas taken from a diverse and extensive number of sources spanning memoirs, personal accounts, and literary, philosophical, historic and poetic works. As a result, the majority of the book is an agglomeration of previous work on the topic of death and what it is like as an existential, emotional, and psychologically transformative experience. Because death is relevant to all people and an inescapable facet of our lives, it is important for professional psychotherapists. Readers will find that it gives a fairly broad view into the experience of death, and can be a good starting point for further reading on the topic.

The book is structured in chapters that separate different facets of the death



experience, with an emphasis on particular common emotional states and how they play into the dying process. The opening chapter, *In The Beginning*, frames for readers that human perspectives on death, while tending to be largely negative, are actually fairly incongruous with actual death experiences. It stresses the need for people to look toward artistic and real life expressions and experiences of death to truly understand what it is actually like to die. The following book chapters then progress by internal emotional experiences in relation to real life changes for dying people. In order, the book covers suffering in enduring new realities, fear for an observed threat, courage in facing the overwhelming, resistance and facing choices, sadness and anger in facing loss, hope and love in personal connection, waiting and the feeling of in-betweenness, review and reminiscence in remembering the past, aloneness and disconnection, transformation and change, and finally a chapter with some final reflections on what death means for the individual. Throughout there is intermittent analysis of real narratives and experiences, illustrative poetry and creative writing, and a philosophical, lightly psychological analysis of internal and external states.

### **While the book's topic and contents**

might be quite captivating for readers, the overall presentation appears to be lacking for such a broad and relevant topic. On the one hand, it is arguably a great book because it is quite concise in its summary and analysis of the many texts and sources included. As such, it is an excellent index of sources and explanation of diverse ideas and death perspectives. However, in spite of this, it also does not present much in the way

of original ideas, and is rather derivative in nature when observed as a standalone book. It is, thus, a dialogue about the current intellectual and emotional discourse of death. Doubtless, it is quite an important topic, and because of this, warrants further discussion, analysis, and interpretation. Although what is written here is not lacking in detail per se, professional readership might find it does not delve as deeply into topics before moving on to others. The book, then, while presenting a compelling overall collection of prior work, does not utilize the collection and structure it incorporates to bring forth much in the way of new ideas or unexplored perspectives on death. For those already well-read on the topic, the book is likely not going to offer much compelling information not already known. For those without much specific knowledge on the topic from a philosophical, artistic, or firsthand viewpoint, however, it is absolutely invaluable and informative as a resource, and a must-read for therapists not otherwise familiar with specific literary or conceptual analyses of death.

**Allan Kellehear** is a professor of community health at Middlesex University in London. He has written two other books of the topic of death, *A Social history of Dying* and *The Study of Dying: From Autonomy to Transformation*, a volume of essays.

Kellehear, A. (2014). *The Inner Life of the Dying Person*. New York, NY: Columbia. ISBN: 978-0-231-16784-0. Paperback. 264 pages. Includes index, notes, and references.

# ***Intensive Psychotherapy for Persistent Dissociative Processes: The Fear of Feeling Real***



Written by Richard A. Chefetz, MD

Reviewed by: Michael Fiorini

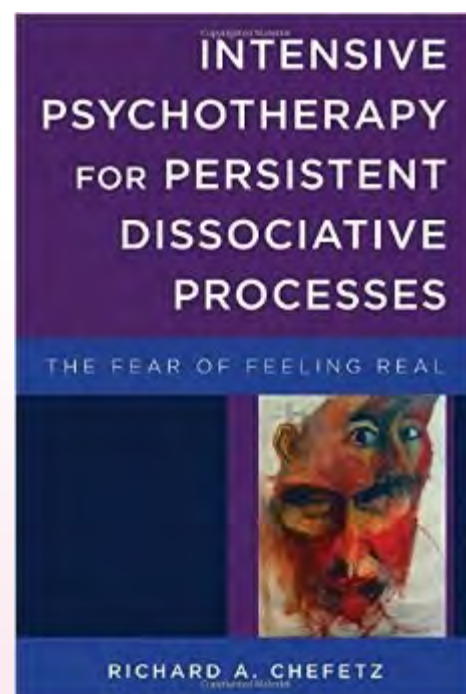
***Intensive Psychotherapy for Persistent Dissociative Processes: The Fear of Feeling Real*** addresses clinical approaches to dissociation and dissociative processes in relation to trauma. Aimed specifically at professional clinical psychologists, the book incorporates a **conversational style that uses detailed case studies of the author's clients** to illustrate concepts and treatment strategies. The book draws from a wealth of theoretical, academic, and clinical sources to describe how to approach, conceptualize, and treat dissociation within psychotherapy.

Avoiding the density of a traditional textbook, *Intensive Psychotherapy for Persistent Dissociative Processes* takes an intimate look at the techniques that the author incorporates within his own practice.

Avoiding the density of a traditional textbook, *Intensive Psychotherapy for Persistent Dissociative Processes* takes an intimate look at the techniques that the author incorporates within his own practice. It couples this with a presentation style accessible for professional readership of diverse experience and methodology. In deeply exploring different avenues of treatment in specific and thoroughly examined cases, readers can learn and apply the included treatment concepts effectively within their own practices. It is also a good agglomeration, application, and explanation of relevant contemporary research material for studying and treating dissociation and its related psychological processes.

The book, as it discusses dissociation, draws from several client cases the author has worked with, and applies what is displayed within those cases to several different conceptual and definitional frameworks. This speaks to the complexity and multi-faceted nature of client experiences generally. The book opens with a chapter explaining the nature of dissociation as a means for the **mind to “hide from itself,”** and how this materializes differently for different people. The next chapter discusses life as performance art and the search for

felt coherence, exploring the nature of recreating past traumatic events. The next part focuses on how to recognize dissociative experience and self-states. The book then explores how to first begin treatment for those persistent processes. The next three chapters discuss how dissociation dynamics interact with affect and neurobiology, fear and depersonalization, and incest and sexual addiction. The chapter **following this, “Waking the Dead Therapist,”** discusses how to become more present within the treatment environment, and explores the concept of **“realness”** as an impression. This is



followed by a discussion of the unconscious fear of feeling real and the negative therapeutic reaction to negativity itself. Object-coercive doubting, being in the throes of an enactment, and emerging from that enactment wrap up the end of the book.

Readers will find that the book is highly informative and accessible in relation to the large amount of information it describes. Although it is quite lengthy, the style of presentation does not betray this density, and it at no point feels dry to read through. The book can be seen as a window into the practice of the author, which is extremely helpful on its own as a means of broadening the practitioner perspective. It is also a highly illuminative book for how treatment for dissociative processes is unique, particularly in how it must be approached and considered.

For those therapists who are currently or expecting to encounter these processes in their work, the book is an expansive resource. The potential applications for the **covered information and the instructive illustrations also allow for the book's** concepts to be applied towards trauma more generally, and can also be useful and translatable for many other treatment modalities not otherwise discussed. It might also be a good starting point for looking into more pointed and organized future treatment strategies for dissociative disorders.

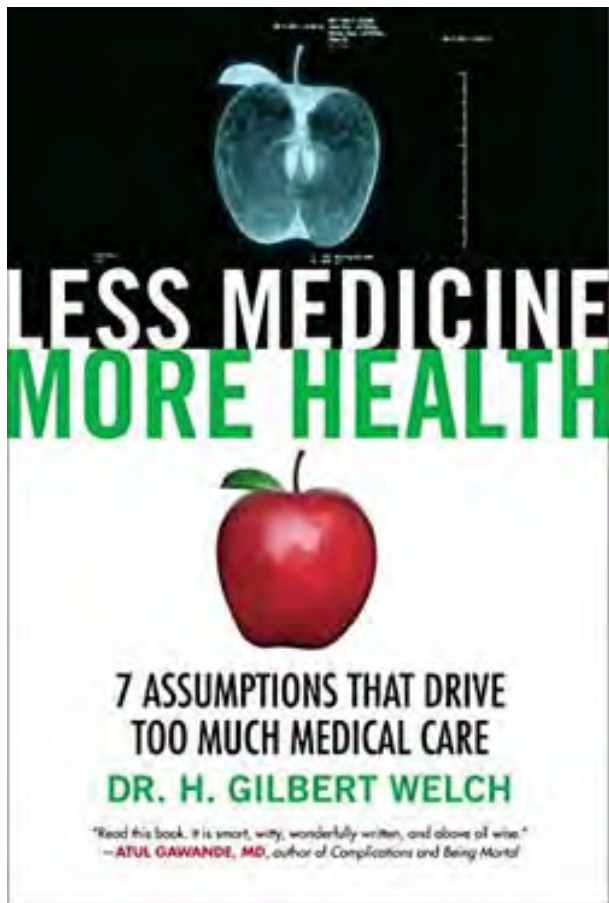
**Richard A. Chefetz, MD**, is a psychiatrist in private practice in Washington, DC. He was the president of the International Society for the Study of Trauma and Dissociation from 2002 to 2003, and is a distinguished visiting lecturer at the William Allison White Institute of Psychiatry, Psychoanalysis, and Psychology. He also serves as faculty for the Washington School of Psychiatry, the Institute of Contemporary Psychotherapy & Psychoanalysis, and the Washington Center for Psychoanalysis.

Chefetz, R. (2015). *Intensive Psychotherapy For Persistent Dissociative Processes: The Fear of Feeling Real*. New York, NY: W. W. Norton. ISBN: 978-0-393-70752-6. Hardcover. 462 pages.

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Dr H. Gilbert Welch

*Less Medicine More Health* is “well-sourced and coming from an author with extensive expertise on the effects of medical testing, the book incorporates empirical data, historical examples, personal anecdotes, and a compelling narrative to discuss the downsides of contemporary over-treatment.” Read Michael Fiorini’s complete review on page 54.

*Yalom review continued from page 51*

It is designed to show readers the true moments of emotional clarity and upheaval that therapy is meant to access, as well as the vulnerable, human side of the person sitting in the opposite chair taking in all of the information. As a collection of therapist memoirs, it speaks volumes, especially for professional readership, in characterizing the nature of a psychotherapeutic practice. It is in many ways relevant to professional interests, if only because it is rather entertaining to be led into some of the most powerful and humanizing

moments experienced by the author. In some ways, the only downside to the book is that it is fairly brief, and might ultimately leave more to be desired. This is not to say that what is included in the book is not a pleasure to read, but rather that I personally found myself wanting to see more of what the author has experienced. Nonetheless, an impressive entry amongst therapist memoirs.

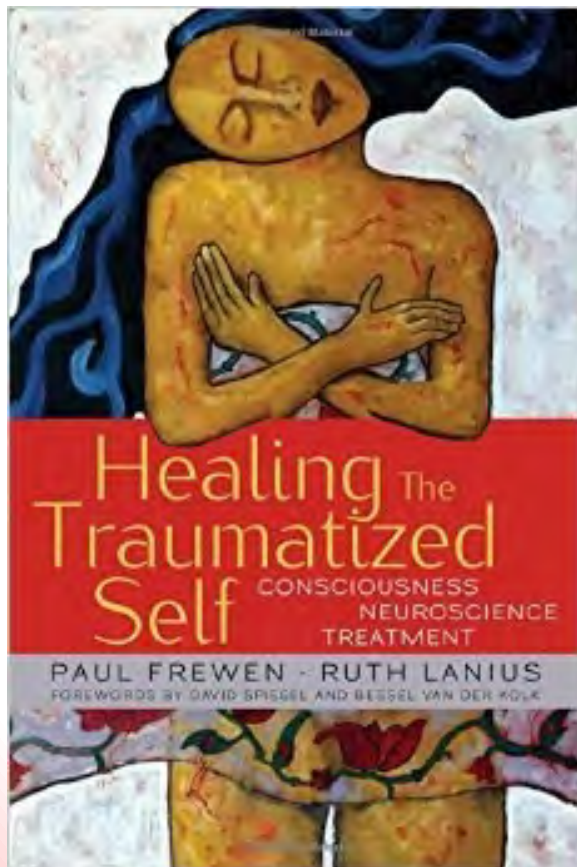
Yalom, I. (2015). *Creatures of a Day and Other Tales of Psychotherapy*. New York, NY: Basic Books. ISBN: 978-0-465-02964-8. Paperback. 215 pages.

# ***Healing the Traumatized Self: Consciousness, Neuroscience, Treatment***

Written by Paul Frewen and Ruth Lanius



Reviewed by Helen Hu



How can we handle trauma-related disorders?

Drs. Paul Frewen and Ruth Lanius, professors at the University of Western Ontario, address this question in *Healing the Traumatized Self: Consciousness, Neuroscience, Treatment*, a comprehensive work that investigates the causes and consequences of trauma.

The authors separate trauma into peri- and post-traumatic experiences; from there, they identify more detailed symptoms commonly found amongst trauma victims. Additionally, Frewen and Lanius rely heavily on a proposed four-dimensional model that describes these symptoms across the following

phenomenological dimensions: time, thought, body, and emotion. This 4-D approach remains consistent throughout the text as Frewen and Lanius incorporate MRI research and clinical interviews to illustrate the spectrum of how trauma is received and overcome.



***Healing the Traumatized Self*** utilizes decades of psychological and neuroscience-related discoveries as a foundation on which to **build the authors' own** findings upon. Frewen and Lanius emphasize the importance of MRI research in particular, distinguishing normal waking consciousness (NWC) and trauma-related altered states of consciousness (TRASC) as the two forms that traumatic symptoms can be found in. The text also explores first-person experiences from actual patients; the individuals mentioned have backgrounds often consisting of abuse and emotional neglect as well as other forms of assault. Each of them have received or are currently receiving treatment and their therapy processes are moments that frequently appear

alongside research passages. However, the most noteworthy aspect of the book is the inclusion of patient testimonies in the forms of artwork, poetry, and vignettes. By referring to these creations, Frewen and Lanius are able to integrate concrete first-person experiences into the more theoretical concepts mentioned in the text. As a result, the audience can scrutinize in a more involved and understandable way than simply reading technical words on a page, a feat not many research-oriented publications are able to achieve.

This book is well-suited for medical professionals interested in improving their treatment methods of trauma-related disorders. Some clinicians may be able to comprehend the minds of their own patients more

clearly after going through ***Healing the Traumatized Self's*** numerous first-person accounts, leading to more effective therapy and recovery. From establishing a strong patient-therapist relationship to helping the individual recognize ways to deal with similar situations in the future, ***Healing the Traumatized Self*** is a work bent on allowing those with trauma-related disorders to be able to fully recuperate and go about life with the least amount of traumatic symptomology possible.

Frewen, P. & Lanius, R. (2015). ***Healing the Traumatized Self: Consciousness, Neuroscience, Treatment.*** New York, NY: W.W. Norton & Company. ISBN: 978-0-393-70551-5. Hardcover. 480 pages. Includes bibliographic

. . . the most noteworthy aspect of the book is the inclusion of patient testimonies in the forms of artwork, poetry, and vignettes. . . . As a result, the audience can scrutinize in a more involved and understandable way than simply reading technical words on a page, a feat not many research-oriented publications are able to achieve.

# Building Your Ideal Private Practice



Written by Lynn Grodzki

Reviewed by Tricia Gunter, MA, NCC

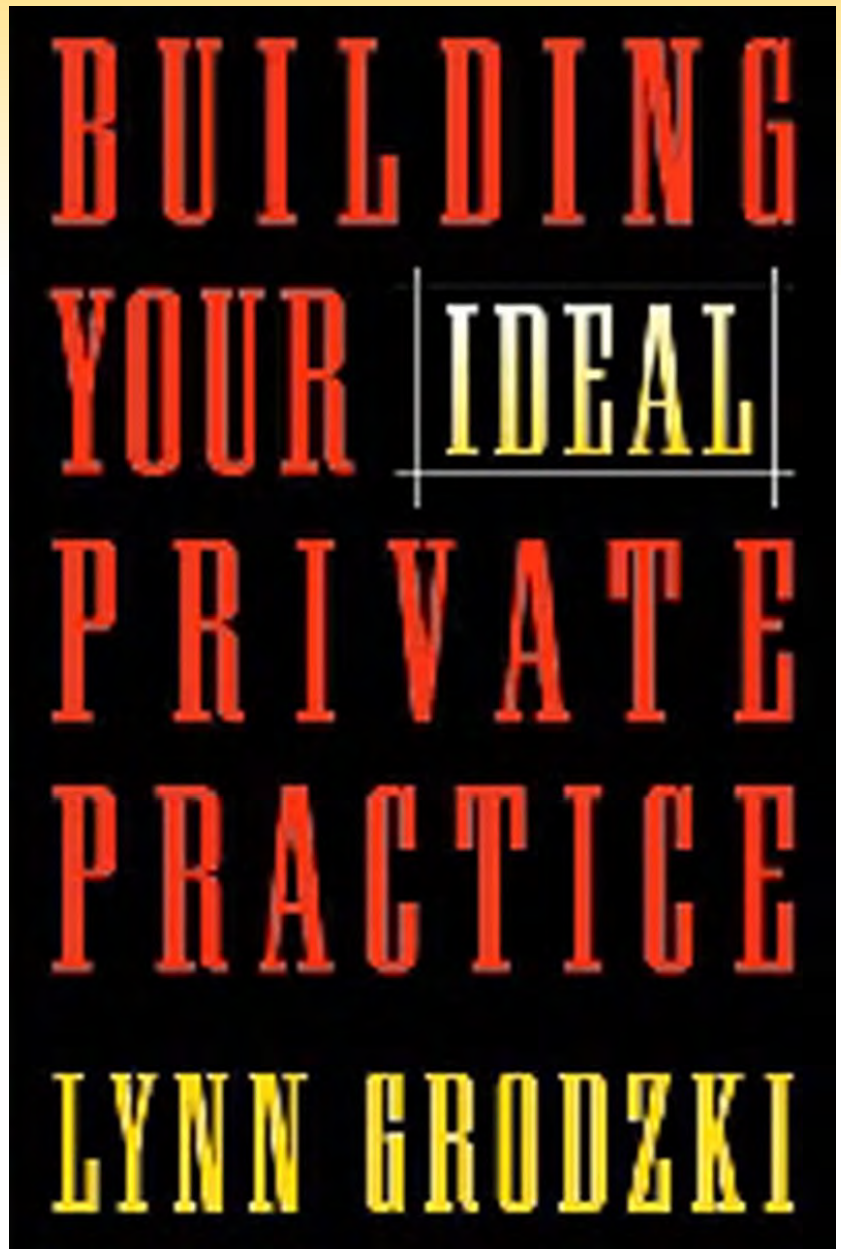
*Building Your Ideal Private Practice* is author Lynn Grodzki's offering of experience, advice, guidance, clarification, observation, and expertise about building, managing, and growing **therapists' ideal private practices**. In this second edition, Grodzki offers information that is reflective of the changes in landscape of therapy and business since the time the first book was published.

Lynn Grodzki is a Licensed Certified Social Worker (LCSW) and a Master Certified Coach (MCC). She also coaches therapists. Having been in private practice for over 20 years, she understands the stages/changes that occur within a practice. Bringing her coaching experience to bear in the process and content of the book, Grodzki explains business concepts using metaphors and anecdotes while maintaining a conversational yet authoritative tone throughout *Building Your Ideal Private Practice*.

Bridging the gap between the empathetic and subjective therapist-parts and the efficient, more objective, business-owner-parts of her readers' identities, Grodzki cautions against "over identifying" with one's business. She stresses that doing so can put a therapist on an emotional rollercoaster that coincides with the ups and downs caused by market forces (not by the effectiveness of the therapist or his/her therapy). She suggests that therapists lack hard skills because of the soft skill strengths typically associated with therapy.

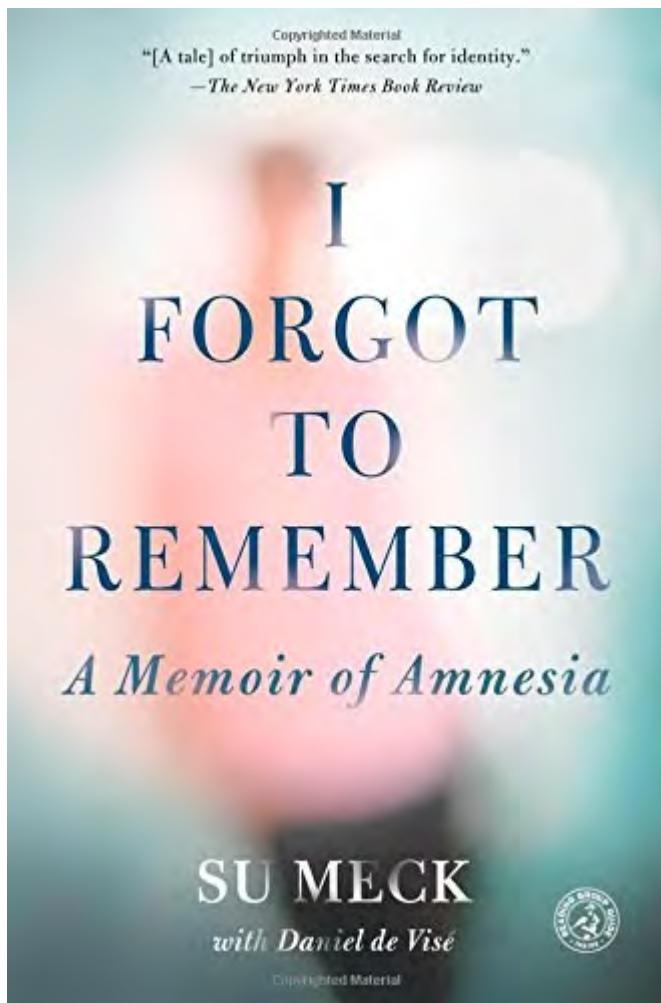
Unfortunately, this approach to providing acceptance and understanding to therapists who struggle to embrace the more entrepreneurial/logistical aspects of running a successful practice may alienate readers who are intrinsically motivated and enthusiastic about the challenge of running, growing, or expanding a successful therapy business.

Nevertheless, as the book progresses, Grodzki emphasizes information that is action-oriented and constructive. This includes exercises to help therapists become more differentiated, send love to their practice, clarify personal values to incorporate into their practice, communicate effectively with referral sources, in addition to many other things. With its personal preface, instructions, examples, anecdotes, exercises, tips, pre- and post- test, and



other resources, this edition of *Building Your Ideal Private Practice* is relevant, timely, and helpful. As Grodzki mentions, it would be an effective tool for psychologists, counselors, life coaches, and other "therapists."

Grodzki, Lynn (2015). *Building Your Ideal Private Practice. Second Edition*. New York, NY: W. W. Norton & Company Inc. ISBN: 978-0-393-70948-3. Hardcover. 367 pages. Includes index and resources.



Reviewed by Michael Fiorini

*I Forgot To Remember: A Memoir of Amnesia* is written by a retrograde amnesiac who cannot recall the first twenty-two years of her life following a traumatic head injury. Knowing nothing of her life prior to her accident, the author writes a first-person narrative as she relearns everything about life, from basics to the complex and personal. In many ways, it is the story of her rebirth and reconciliation with a past life she no longer remembers but which is irrevocably attached to who she is. A unique aspect is that she has been able

to go on to lead a healthy life along with her family. The progression of her story is such that Su Meck's is a unique and telling case of amnesia. The perspective presented in the book is rare; the details given of her learning and growth process and the renewed family life she literally had to grow into are incredibly captivating for readers interested in amnesia. If interested in learning more about life from the perspective of someone experiencing some form of amnesia, the book is vividly illustrative of what it is like to experience it firsthand. It is similarly important to read if interested in the rebuilding process undertaken by many people in psychotherapy who are overcoming traumatic experiences. The life challenges and hurdles undertaken **make Meck's memoir stand out amongst** patient autobiographies, and is one that professional therapists will find both interesting and highly relevant to their practice, especially if treating an amnesiac or an individual facing difficulty recalling traumatic memories.

The book is structured following the timeline of the **author's life** following her accident and subsequent amnesia. There is emphasis throughout the early chapters on the subjectivity of the recalled events, as the author was not meaningfully



Photo of Su Meck taken by Andreas Laszlo Konrath for an article written by Dan P. Lee in nymag online at <http://nymag.com/news/features/su-meck-amnesia-2014-9/>

Throughout, the dynamics of what it is like to suddenly live in another **person's body and to be attached to their old life take center stage.** Of great narrative importance is the essential difference between the narrator and who she "used" to be.

present in any of them and only knows what she is told by others and what she can find through researching old medical records.

The subject of her life before the accident is described gradually over the course of the book, and is not addressed all at once. Instead, different aspects of her prior life and how they interact with her current life and self come forward topically, and in the same order that she had had to come to terms with them. The narrative follows family life, learning how to be a mother, learning what it means to love and be a wife, and **experiencing things again for the "first" time.** Throughout, the dynamics of what it is like to suddenly live in another **person's body and to be attached to their old life take center stage.** Of great narrative importance is the essential difference between the narrator and **who she "used" to be.**

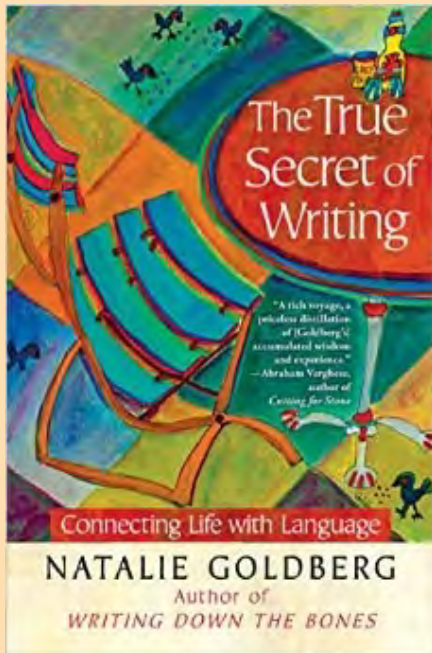
**Professional readers will find Su Meck's** account of her life extremely interesting, both on a psychological and existential level. Her account of how her amnesia affected her life, identity, and the process of relearning and rebuilding herself from the ground up offers therapists insight not only into the lives of amnesiacs, but also into the lives of those who struggle with traumatic memories, identity issues, and repressed memories as well. It also looks into how the lives of surrounding family members and loved ones change

when faced with such a situation. So much of what is recalled has more to do with what is not known versus what is linearly recollected. It is also significant in that it details first and foremost her life rebuilding process, the experience of which is translatable to what many people undergoing psychotherapy for past trauma feel during the healing process. The tone of the book is highly opinionated, and there is a strong sense **throughout about the author's thoughts** and feelings towards the events recalled, making the book constantly operate within the present moment. ***I Forgot to Remember*** is, even if only for the sake of being about a firsthand recollection of a unique case in psychology, an excellent book for those working in or interested in the field.

**Su Meck** is a recent graduate of Smith College, with a bachelor of arts in music and book studies. She has had her work featured in *The New York Times Magazine*. She currently lives with her husband in Massachusetts.

**Daniel de Vise** is a journalist who has worked for the *Washington Post*, the *Miami Herald*, and three other newspapers over his twenty year career. He also shared a 2001 Pulitzer prize.

Meck, S. & De Vise, D. (2014). ***I Forgot To Remember: A Memoir of Amnesia.*** New York, NY: Simon & Schuster. ISBN: 978-1-4516-8582-4. Paperback. 275 pages.



Reviewed by: Michael Fiorini

*The True Secret of Writing: Connecting Life with Language* is designed to assist and inspire readers in their creative writing process. Goldberg incorporates facets of Buddhist and Zen philosophy, as well as mentalizing exercises to enhance mindfulness, improve creativity, and find inspiration. The narrative essential to this relies strongly on examples from other authors and the writings of poets and philosophers written in relation to the world around them. The point of this is to awaken (or re-awaken) the resonance felt within readers to the outside world. Emotions and meaningful daily experiences are the lifeblood of this approach.

After directing readers into a state of mind where they can think and feel with greater acuity, Goldberg then incorporates more standard directions for writing. Its primary concern is to bring readers into a creative and meditative mindset first. She then directs them to think and write creatively. Professionals will find the book useful if seeking to improve their writing. This is doubly so for those who are suffering from blocks to their writing

and creative processes, or who wish to incorporate more mindfulness into their clinical practice and daily routines.

*The True Secret of Writing* is structured in four separate parts that concentrate on different aspects of the writing process. The parts, in order, are the **basic essentials and the "ground of being,"** the **essentials of "secret retreats,"** **elaborations on how to translate thoughts and feelings into**

For those who experience burnout in their practice or creative process, the book is useful for altering habits that hinder introspection and mindfulness.

writing, and encounters and teachers, which looks at different writers and their varied approaches. The book is organized this way so that readers can first get a sense of who they are in their world. They then learn how to construct the ideal creative space and how to develop tools for self-expression. Finally, they learn how other writers consider and use this process. The beginning concentrates on mindfulness, for example thinking about what is most pleasurable in life, embracing silence, meditation, slow walking, defining moments in time, and focusing their determination. The second part discusses scheduling, the construction of "creative altars," dreams and lying down, and different attitudes for mindfulness. The third section, on elaboration, discusses routine, drawing, cynicism, letting go of inhibition, and embracing love as it is felt. The final part, looking at different writers, examines work and ideas from Hemingway, Wang Wei, Ikkyu, and Dogen, among others. These approaches are then translated into how they might be used by the reader.

Professional readers will find this book helpful for many reasons, both directly and indirectly related to their writing. The book is primarily a narrative about mindfulness and connecting with inner emotions. The actual practice of writing

is here considered more of a byproduct of a state of mind, rather than a laborious activity or form of work. For those who experience burnout in their practice or creative process, the book is useful for altering habits that hinder introspection and mindfulness. It also offers many tools, both original and adapted from Buddhism, to increase an inner sense of connectedness to the outside world and to inner desires. This can also be useful when speaking with clients unable to do so in their daily and professional lives. The book offers a means for re-calibrating the creative and artistic process intrinsic to writing and self-comfort. For those professionals who write or who intend on doing so in the future, the book is similarly useful for building a foundation for creativity.

**Natalie Goldberg** is a poet, painter, teachers, and author of twelve books, including *Writing Down the Bones: Freeing the Writer From Within* and *Old Friend From Far Away: The practice of Writing Memoir*. She has taught seminars on writing internationally for thirty-five years.

Goldberg, N. (2013). *The True Secret of Writing: Connecting Life With Language*. New York, NY: Atria. ISBN: 978-1-4516-4125-7. Paperback. 236 pages. Contains an appendix.

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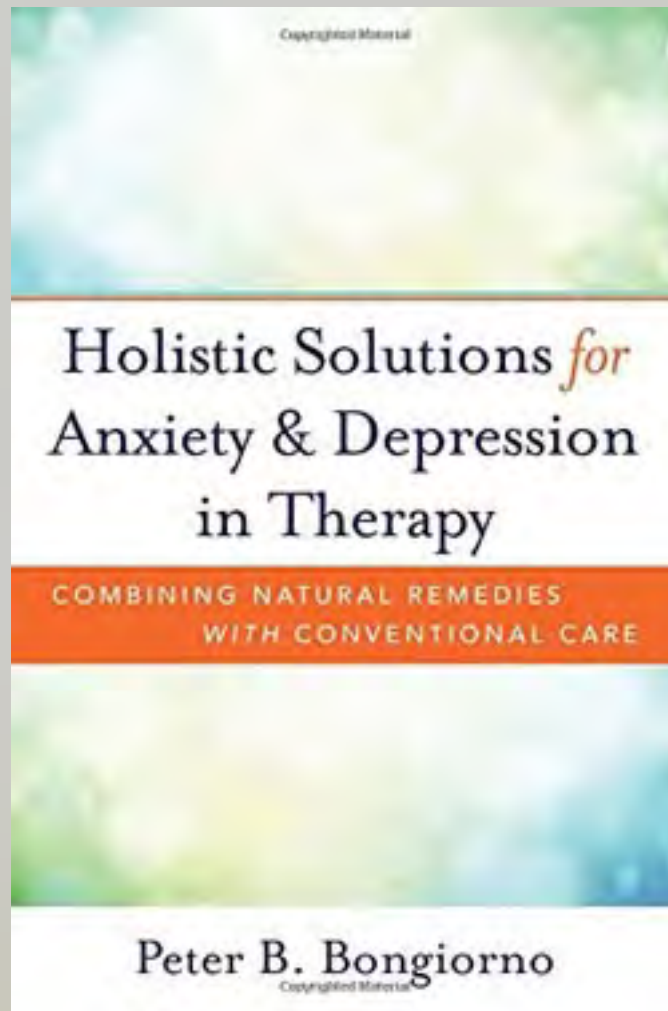
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Reviewed by: Helen Hu

Written by Peter Bongiorno, a doctor of naturopathic medicine based in New York, *Holistic Solutions for Anxiety & Depression in Therapy: Combining Natural Remedies with Conventional Care* is a guide meant for “the busy mental health professional looking for a go-to primer about natural health care for anxiety and depression” (xvii). More specifically, the field of holistic medicine—an approach that “considers each person to be a unified whole” (xvi)—is one that has become increasingly popular over time. However, it is still a fairly new perspective: in most instances of traditional medicine, the brain and the body are treated as separate entities. Bongiorno makes it clear that although the holistic approach is not suited for every patient, there are certain benefits it offers that medications do not.

The book is divided into seven chapters, complete with an introduction and six appendices for further reference. Each chapter is more involved than its predecessor—Chapter One, for instance, focuses on whether or not holistic approaches are appropriate for the client whereas Chapter Seven addresses treatment plans and recommendations. Bongiorno consistently puts emphasis on the fact that external (i.e., lifestyle) factors are just as influential on an **individual's behavior and mood as** internal factors are. In some cases, he argues, medication can actually slow down or prevent the healing process. It is with this idea in mind that *Holistic Solutions* brings forth its core motivator for supporting holistic medicine: “to help the body balance itself” (xvii).

Though there is still much information to be discovered concerning holistic medicine, this book certainly is a valuable resource for trained individuals who aim to gain more knowledge about the field. *Holistic Solutions for Anxiety &*

*Depression in Therapy* may very well be an indication of the future of medicine: perhaps, in order to make the most out of treatment, mental health professionals ought to consider addressing the body in its entirety. In other words, natural remedies and conventional care should work hand-in-hand to provide an optimal recovery for the patient. According to Bongiorno, a healthy body equates to a healthy mind; that perspective is one that ought to be considered with more gravity.



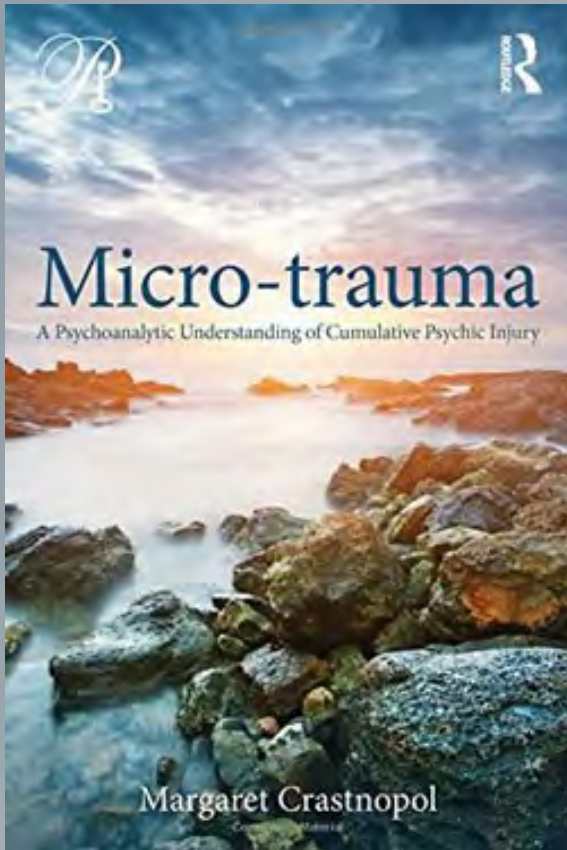
Bongiorno, P. (2015). *Holistic Solutions for Anxiety & Depression in Therapy: Combining Natural Remedies with Conventional Care*. W.W. Norton & Company. New York, NY USA. Hardcover. 394 pages. ISBN: 978-0-393-70934-6. Includes bibliographical references and index.

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**Micro-trauma** is the first body of work describing this phenomenon in this way. Margaet Crastnopol offers a fascinating examination of the resonance of emotional experience and how affect operates within an insidious network of related feelings. With an abundance of vignettes to illustrate its principles and a strong, varied theoretical perspective, her new book can be invaluable for researchers and clinical professionals alike.

Reviewed by Michael Fiorini

***Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury*** concentrates on describing and illustrating the nature of micro-trauma and how to approach the phenomenon therapeutically. Micro-trauma, here, is the gradual buildup of small traumatic moments that, while individually unattended to, create a longstanding and underlying traumatic emotional experience. The concept was theorized by the author, drawn from numerous social and clinical trends that result in the gradual but acute accumulation of trauma-related affect. The book is, thus, a means of characterizing and explaining how this emotional state forms and what clinicians should expect

in affected clients regarding symptomatic materialization.

It is the first body of work describing this phenomenon in this way. **Micro-trauma** is a fascinating examination of the resonance of emotional experience and how affect operates within an insidious network of related feelings. With an abundance of vignettes to illustrate its principles and a strong, varied theoretical perspective, the book can be invaluable for researchers and clinical professionals alike.

Initially concerned with explaining the title concept through an overview relating it to prior theoretical work

concerning how trauma is thought of and forms, Crastnopol goes on to describe specific factors that separate the concept from others. In order following from the initial overview, the book first topically discusses unkind cutting back and its navigation, covering interpersonal and individual experiences of it. Next comes the pitfalls of connoisseurship, or expertise, and how that individual identification can be problematic in relation to the self and others. Uneasy intimacy takes up the following chapter, where notions of closeness and the subtle discomfort of unwanted or ambiguous attachments are covered. Psychic airbrushing and excessive niceness and the gradual emotional effects they entail make up the next part. Chronic entrenchment and its collateral damage, the sixth chapter, brings to light those clients and people who fixate on specific affect and existential states, and what that entails for trauma development over time. The next part, covering unbridled indignation, discusses how it can aggravate the accumulation of micro-trauma. **“Little Murders and other everyday micro-assaults” examines the many different kinds of seemingly minor emotional wounds we endure and how we frequently fail to notice them until they accumulate and develop into a significant overall traumatic experience.** In addition to the final part discussing repairing the emotional damage regarding micro-trauma, each section makes a point to somehow relate its topic of discussion to how they might materialize in the clinical setting.

Because this is the first book to explicitly cover Micro-trauma, it adds an illuminating perspective to the contemporary psychotherapeutic framework regarding trauma. It offers a

new means of classification and focuses on aspects of trauma that would otherwise be more ambiguous and difficult to clarify. More importantly, the book opens the door for further research and review from professional readership, something valuable for the scientifically and clinically-minded.

Nuance is a frequent element in considering affect and developmental psychopathology, and in many ways this book is aimed at alleviating some of that, attempting to bring greater acuity to trauma-related clinical approaches. Relying on a great deal of illustrative material, the book additionally models itself to be built upon, expanded conceptually and practically. As a resource and point of reference it is a compelling new entry for psychotherapists and the psychiatric community.

**Margaret Crastnopol, PhD**, is a member of the faculty at the Seattle Psychoanalytic Society and Institute and works as a supervisor at the William Allison White Institute of Psychiatry, Psychoanalysis, and Psychology. She is a training and supervising analyst at the Institute of Contemporary Psychoanalysis in Los Angeles. A writer and international teacher of analyst and patient subjectivity, micro-trauma, and other related subjects, she also runs a private practice.

Crastnopol, M. (2015). *Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury*. New York, NY: Routledge. ISBN: 978-0-415-80036-5. Paperback. 252 pages. Includes notes, index and references.



# Trauma-Sensitive Yoga In Therapy: Bringing the Body into Treatment

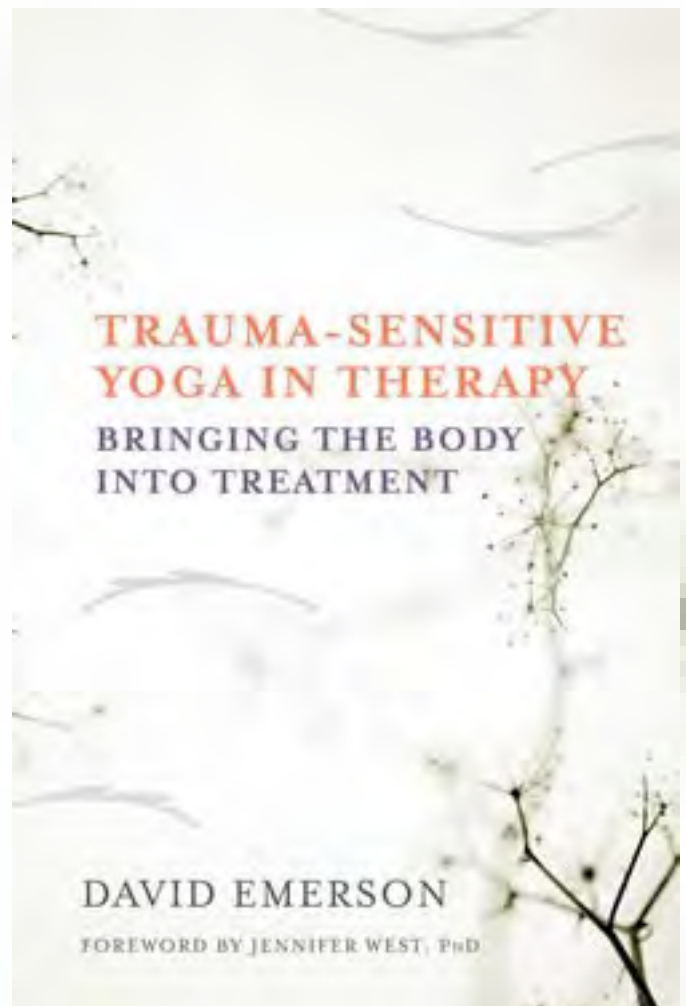
Written by David Emerson

Reviewed by: Michael Fiorini

*Trauma-Sensitive Yoga in Therapy: Bringing the Body into Treatment* is designed to teach practicing clinicians ways to integrate and use a variation of yoga in their work. Incorporating a wide array of theoretical and practical influences and with an underlying research framework backing up the techniques, Emerson brings readers into the goals and uses of this form of body-centric work. The material is presented so that practitioners from any school of psychology can use trauma-sensitive yoga.

**Emerson's concepts focus on certain** aspects of yoga to be used as a means of bringing a person into therapy in a more present meaningful way that emphasizes mindfulness. Exercises are tailored for those experiencing trauma that may otherwise hinder therapy.

The book instructs therapists as much as it also explains how his approach relates to the theory and practice of therapy in relation to working with clients suffering



from PTSD, dissociation, and related aspects of mental distress. The end goal is to make existing therapy more effective and to assist clients in getting in touch with their current state and underlying feelings.

**Emerson reframes clients' physical and mental experiences to offer a comprehensive look into the nature of trauma while also tackling useful yogic concepts.**

Emerson starts by first explaining how trauma-sensitive yoga differs from traditional and common forms of yoga. He makes clear for readers that while yogic in principle, the title process has more to do theoretically with passive clinical bodywork and mindfulness practices. He then outlines interoception, or the process of becoming more conscious of internal states in the body. Next Emerson covers the concept of choice in therapy and relates it to his form of yoga as being as comfortable and natural as possible for the client. Next he discusses taking effective actions, and focusing on being present. Both discussions aim to make therapy and yoga sessions more effective. Muscle dynamics and breath

work, followed by rhythm and how it plays into this work wrap up the narrative of the book. The end is dedicated solely to a portfolio of yoga practices with explanations for the meanings of certain anatomical language incorporated, and what effect certain postures have. All postures and practical exercises are accompanied with images that illustrate them.

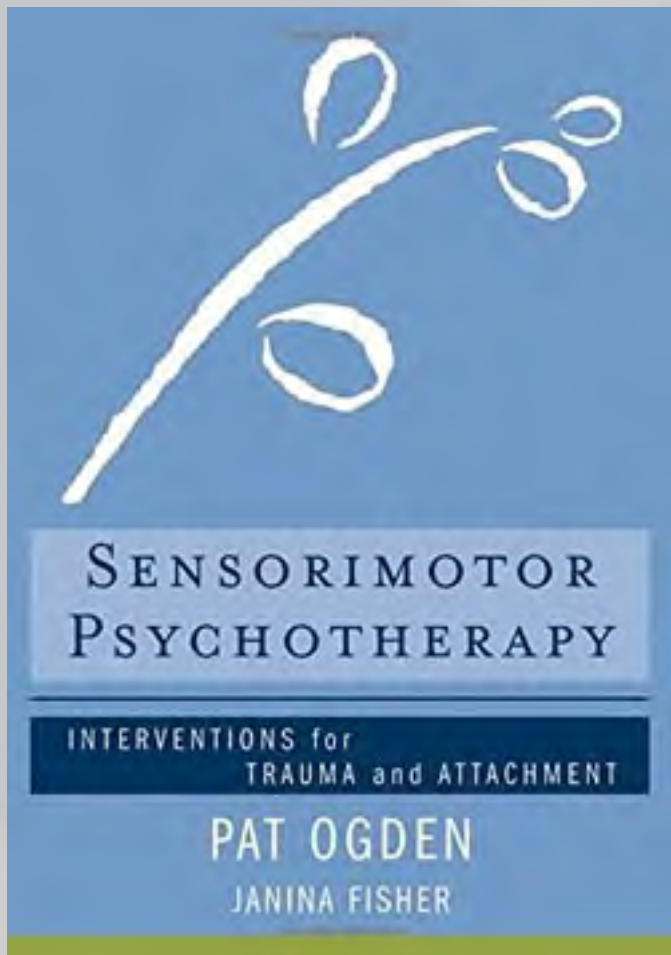
**Trauma-Sensitive Yoga** can be a useful tool for professional readers who want to incorporate yogic practices into a treatment plan for certain clients but who are limited by time, physical, or practical constraints. Because this form of yoga is designed for use in a psychotherapy office setting and can be done sitting, standing, or lying down without need of a mat or other things normally required to practice yoga, the technique is highly versatile. The book emphasizes connecting body states and yoga mindfulness practices with clinical and theoretical frameworks to better translate this technique and how to consider its use for a diverse population of therapists. It teaches this yogic form while also discussing at

length how to frame therapy clinically from a body psychotherapy perspective, something many will find useful on its own. In this way, the book is as much about how to refocus and reconsider therapy with patients suffering from trauma as it is a presentation of useful practices and approaches to stimulate healing and awareness regardless of experience and physical ability.

**Designed for use in psychotherapy office settings . . . the technique is highly versatile.**

**David Emerson** is an accomplished trainer, lecturer, and yoga instructor. He is the founder of the Black Lotus Yoga Project, a nonprofit dedicated to teaching yoga to people suffering from trauma. He also serves as the director of the Trauma Center Yoga Program, with which Black Lotus is a partner.

Emerson, D. (2015). *Trauma-Sensitive Yoga in Therapy: Bringing the Body Into Treatment*. New York, NY: W. W. Norton. ISBN: 978-0-393-70950-6. Hardcover. 196 pages. Includes index and references.



Pat Ogden



Janina Fisher

Reviewed by: Michael Fiorini

***Sensorimotor Psychotherapy: Interventions for Trauma and Attachment*** extensively discusses, explains, and outlines for readers its title subject, framed both through psychotherapeutic and body psychology perspectives. It is an essential work for those looking into body psychology, as it discusses the topic in great detail, incorporating both a practical and theoretical perspective. It is intended to teach and cover the topic in such a way that it becomes accessible for readers coming from more mainstream schools

of thought and instruction in psychology, and serves to bridge the gap between body psychology and other modalities. The book is explicitly for students and professionals, and the vast amount of information presented makes it useful for practitioners of all degrees of experience. The book covers most of the essential aspects of body psychotherapy and bodywork, and it is highly recommended for those looking into exploring the topic or adapting its methods into an existing practical framework.



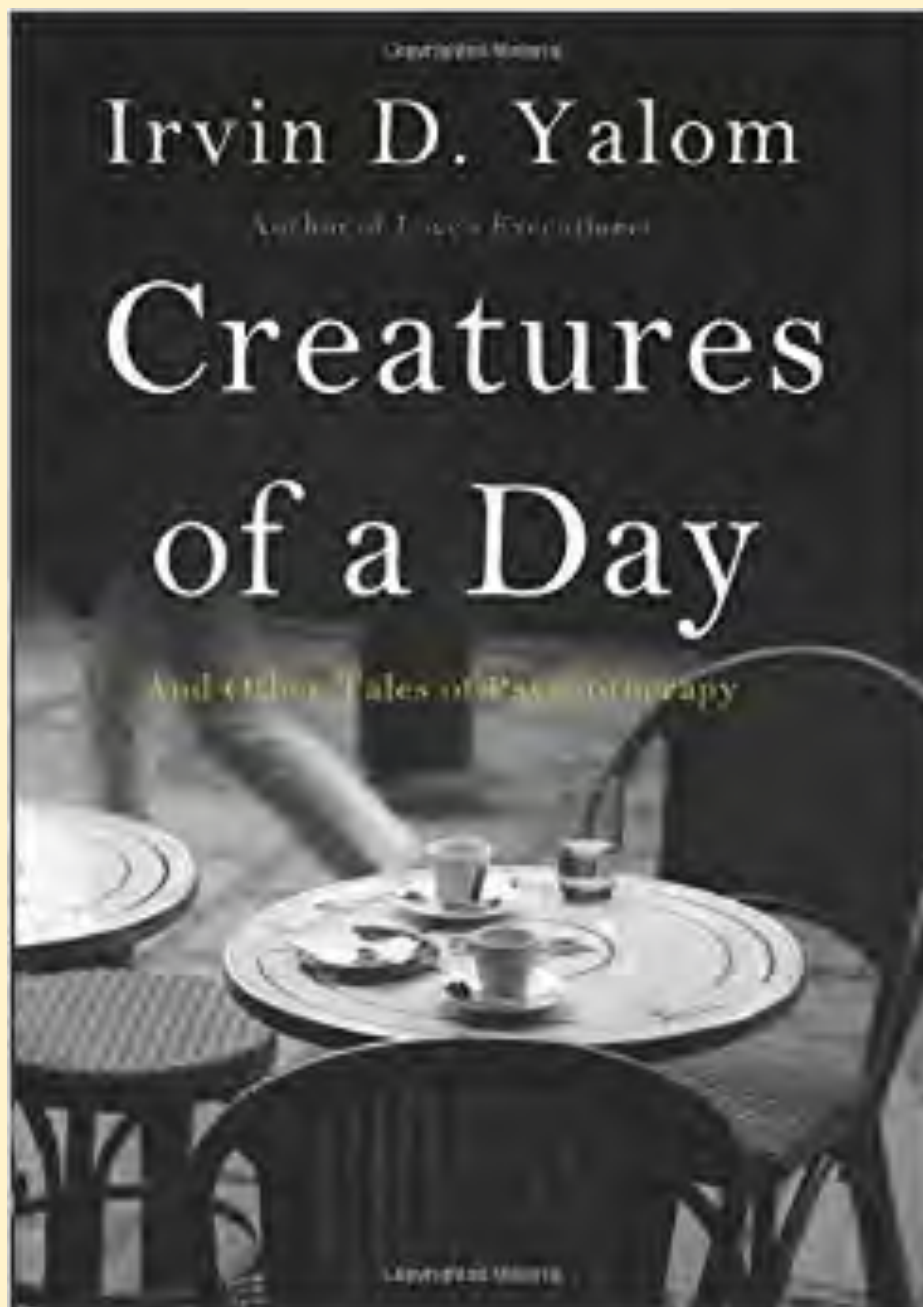
Divided into five sections covering different stages in the psychotherapeutic process as they relate to body psychology, **Sensorimotor Psychotherapy** initially concentrates on building a theoretical foundation for readers on which to construct progressive clinical strategies. The first section covers the essential principles of body psychology and then presents two orientation chapters, one for working therapists, and the other for clients interested in learning about the topic. The next section covers the basic concepts and skills that come into play during this form of therapy. This includes the language and wisdom of the body, orienting responses, paying attention, mindfulness in the present moment, directed mindfulness and neuroplasticity, the triune brain and information processing, exploration of body sensations, neuroception and the window of tolerance, and the phases of therapy. The next section discusses how to develop resources, and covers strength appreciation, taking inventory, somatic resources, grounding yourself, core alignment and working with posture, using breath, using boundaries, and how to develop missing resources. The next section, addressing memory, covers implicit memory, reconstructing it, dual awareness of past and present, slivers of memory, restoring empowering action, sensorimotor sequencing, and emotions and animal defenses. The final section covers moving forward, and discusses the legacy of attachment, beliefs and the body, making sense of emotions, moving through the world, boundary styles in relationships, connecting with others, positive emotions, and challenging the window of tolerance.

**Sensorimotor Psychotherapy: Interventions for Trauma and Attachment** includes a fine degree of instructional and informational material so it can be considered an integral component of the literature pertaining to learning about and conducting body-centric psychotherapy. Designed much more like a text book, especially compared to earlier work by the author, with numerous included exercises and a definite concentration on readership including students and those beginning to learn about body psychotherapy. Each section in the book is well-sourced and covers years of study and practice; it is also a great resource for research as well. The book is, furthermore, quite dense and expects of readers a degree of prior expertise in psychology and psychotherapy, though not necessarily anything specifically related to body psychology or bodywork. All told, it is an excellent starting point for readers looking into learning about somatic psychology and how to approach body-centric psychotherapy.

**Pat Ogden, PhD**, is considered a pioneer in the field of somatic psychology and is the founder of the Sensorimotor Psychotherapy Institute, a school recognized internationally for its specialization in the treatment of trauma.

**Janina Fisher, PhD**, is a clinical psychologist and the assistant educational director of the Sensorimotor Psychotherapy Institute. She also works as an instructor at the Trauma Center in Boston, and formerly instructed at Harvard Medical School.

Ogden, P. & Fisher, J. (2015). **Sensorimotor Psychotherapy: Interventions for Trauma and Attachment**. New York, NY: W. W. Norton. ISBN: 978-0-393-70613-0. Hardcover. 824 pages. Includes glossary, index, and references.



Reviewed by Michael Fiorini

*Creatures of a Day and Other Tales of Psychotherapy* is a collection of short retellings of psychotherapy sessions, written by Irvin D. Yalom, a well-known therapist and professor of psychiatry. Each short story offers a unique vignette characterizing different, but all highly poignant and accessible aspects of the therapeutic process. They are at once funny, heart-breaking, tragic, and transformative.



**Irvin D. Yalom** is an emeritus professor of psychiatry at Stanford University and a psychiatrist in private practice in San Francisco. He is the author of many books, including *Love's Executioner*, *Theory and Practice in Group Psychotherapy*, and *When Nietzsche Wept*.

All offer readers a glimpse into the essential human experience, as well as the humanistic side to talk therapy. Largely composed of straight dialogue, readers are brought quickly both into **the author's head and into the worlds of** his patients in ways that are both rich in detail and highly useful for expanding the therapeutic perspective. Because professional psychotherapists so frequently assist one another in particular case studies and examinations, a book essentially composed entirely of such patient encounters and dialogues can educate (and entertain) much in the same way discussing patients with other therapists does. It is for this reason that the book comes highly recommended, either to gain further insight into the approach of another therapist, or simply to expand awareness of the types of experiences and perspectives that define some clients.

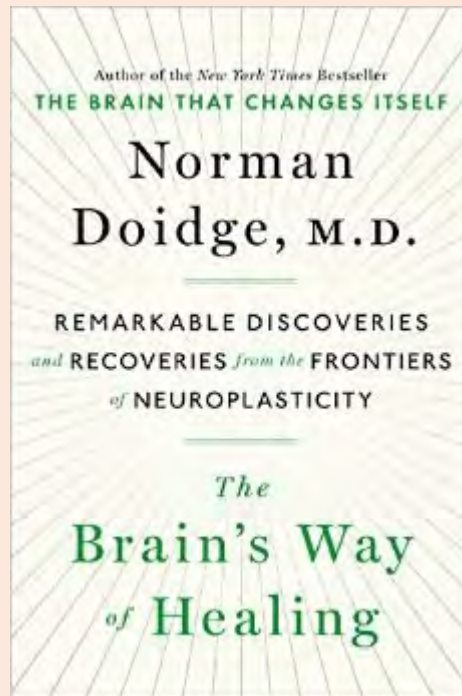
The book is structured so that each story, which tend to take up no more than twenty pages or so, is a standalone work. They all follow particular therapy sessions undertaken by the author, and so they follow the discourse that progresses between himself and his client. All told, the book contains ten

different client stories as shown through sessions of therapy. Occasionally, there is also some exposition, for example some background information, the internal perspective and unspoken thoughts of the author during these encounters, and things like poems and other material illustrative of the various highlighted scenarios shown. There is also an afterword discussing the vocation of becoming close and open with clients, and not holding within oneself (addressing therapist readers) the expectation that there will ever be any one-size fits all cure for anything, nor any one particular thing that you do with a client that will improve whatever **they're thinking or feeling. It is this** perspective that informs the general narrative, and is therefore intrinsic to the pacing and dialogues in the book. A note to readers also makes clear that the stories, though quite detailed, are obscured in ways to protect the people they describe.

Incredibly detailed for a book retelling sessions of psychotherapy, *Creatures of a Day* portrays the therapist and client relationship in a light that is both refreshing and informative.

*Continued on page 31*

# The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity



Reviewed by:  
Anny Reyes

The brain was previously seen as a machine that was unable to repair itself, with a definite number of neuronal cells that once lost had no possibility of cell recovery. Acquired brain injuries, neurodegenerative diseases, and neurodevelopmental disorders were seen as a dead end for many. Individuals with severe brain damage were given little hope of recovery.

The discovery of neuroplasticity—the process in which changes in neural pathways take place due to changes in behavior, neural processes, environment, and emotions—was a breakthrough in neuroscience research and rehabilitation medicine.

Dr. Norman Doidge, author of the New York Times Bestseller, *The Brain That Changes Itself*, provides an eloquent and fascinating synopsis of the current scientific understanding of the process of neuroplasticity. With lucid language, Dr. Doidge explains this complex concept with

the goal of educating and enlightening patients, family, and clinicians of the many possibilities of recovery. The stages include neurostimulation, neuromodulation, neurorelaxation, and neurodifferentiation and learning. Each chapter is devoted to one of the stages while providing narratives of individuals who used this neuroplastic approach for recovery.

The narratives of these individuals are truly captivating and emotionally powerful. Each case is different from the next, reminding readers that no one injury is the same and no two brains are alike. This highlights the importance of treating an individual based on needs, strengths, and weakness and not on the disease or problem alone. As Dr. Doidge states, **"We don't treat diseases, we treat people."** Some of the techniques used by the patients described in the book include light therapy to rewire the brain, healing severe movement deficits through mental awareness of movement, and exercise to alleviate the **motor deficits caused by Parkinson's disease.**

**John Pepper's story is one that might be called a miracle. John was diagnosed with Parkinson's disease, a neurodegenerative disease characterized by damage to brain areas involved in the coordination of movements. The symptoms are manifested as extreme tremors impeding all types of functional movements. In 2008, Dr. Doidge received an email from John describing how he was able to mitigate his Parkinsonism symptoms by exercising. Dr. Doidge describes John's case in great detail and translates his story into techniques that can be used to heal other types of problems. He also provides scientific and medical evidence-**

**based research to validate John's case. All of the stories including John's are engaging and educational and contain a great deal of inspiration and resources for individuals dealing with neurological conditions, as well as their family and healthcare providers.**

Doidge, N. (2015). *The Brain's Way of Healing: Remarkable Discoveries and Recoveries From the Frontiers of Neuroplasticity*. New York: Penguin Group. ISBN: 979-0-670-02550-3. Hardcover. 409 pages. Includes: notes and references, index, appendix, acknowledgments.

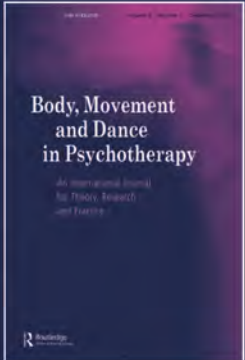
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# ***Less Medicine More Health: 7 Assumptions That Drive Too Much Medical Care***

Written by David H Welch

Reviewed by: Michael Fiorini

***Less Medicine More Health: 7 Assumptions That Drive Too Much Medical Care*** comes at a time in medical history of great skepticism and distrust of previously lauded medical practices. In spite of this, the book is a far cry from, say for example, the anti-vaccination movement. Well-sourced and coming from an author with extensive expertise on the effects of medical testing, the book incorporates empirical data, historical examples, personal anecdotes, and a compelling narrative to discuss the downsides of contemporary over-treatment. Challenging the ingrained assumptions of the medical field, clinical practitioners, and western society at large, it takes a controversial but important stance on what it characterizes as excessive preventive measures in medicine that do more harm than good for patients. In doing so, the book exposes our underlying and, ultimately, misguided attempts at controlling public health on a macro and micro scale, reframing for readers practices that they might not have thought of in a negative light previously. Though it criticizes myriad medical assumptions and rampant negative reflexive practices, it also offers guidance towards improvement

and shows an ever-present consciousness of medical intention and how it has changed.

Breaking its narrative into the titular seven assumptions driving too much contemporary medical care, ***Less Medicine More Health*** considers them individually and in relation to one another as part of an overarching discourse. Each medical assumption is given its own chapter along with an adjoining “disturbing truth” that refutes it. The “truth” sets the tone and guides the discussion with an aim to illuminate the issue at hand.

Challenging the ingrained assumptions of the medical field, clinical practitioners, and western society at large, it takes a controversial but important stance on what it characterizes as excessive preventive measures in medicine that do more harm than good for patients.

In order, the book discusses the idea **that all risks can be lowered, that it's** always better to fix the problem, that sooner is always better in treatment, that it never hurts to get more information, that action is always better than inaction, that newer treatments are always better than older ones, and finally that treatment is about avoiding death.

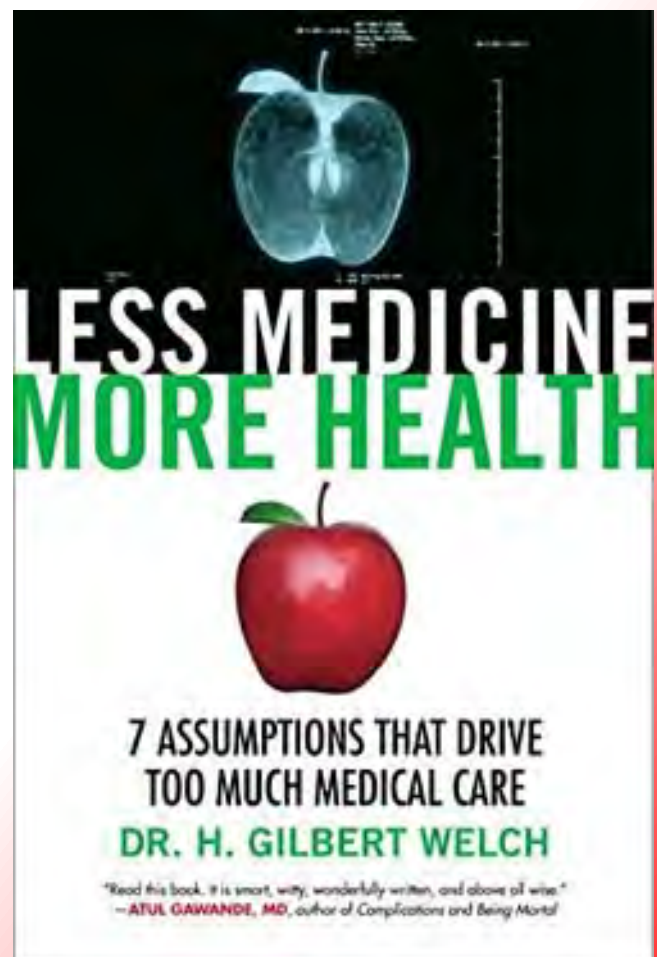
Each part serves to discuss the potential harm inflicted by what can sometimes be unnecessary treatment, and professional readership might find what is discussed very useful for incorporation into their clinical practice. It is also potentially helpful as a means of reconsidering certain approaches and attitudes taken with some clients. The book is written so that it can be read by non-professional readers as well, but there is nonetheless a fundamental research and historical foundation for the subject matter that promotes academic and professional study.

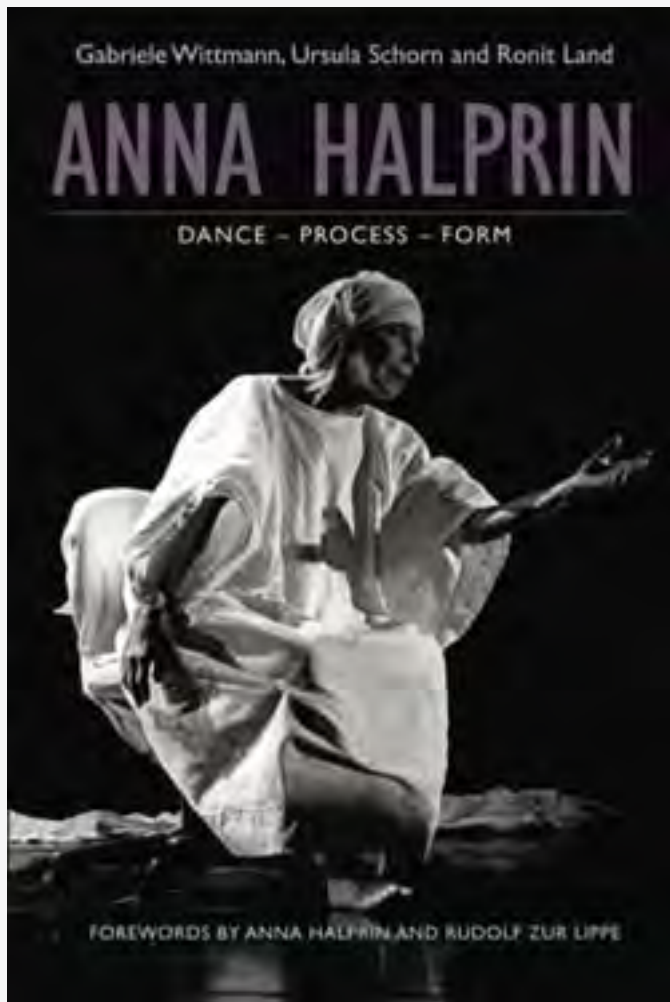
Because it challenges many longstanding beliefs and practices undertaken in the medical and clinical community, *Less Medicine More Health* is an important entry into the contemporary discourse on the role care should take. As a warning against hypochondriacal preventative measures and potentially damaging reflexive examinations, the book presents its argument effectively and accessibly. It is also not at all dry to read, and the personal elements added to certain portions serve to remind readers that the topic is one that all readers can relate to, either in practice or in firsthand experience. The salience of overmedication as an emerging issue makes the argument presented here extremely compelling. Even if readers do not agree entirely with what is proposed

here, the body of knowledge brought forth and the position the author takes on what he considers overmedication are intellectually and professionally significant for the current state of clinical affairs.

**Dr. H. Gilbert Welch** is a practicing physician and academic, working as a professor at Dartmouth Medical School. He is a nationally recognized expert on the effects of medical testing and his work has been published in the *Los Angeles Times*, *New York Times*, *Washington Post*, and *Wall Street Journal*, as well as several major medical journals. He has appeared on network television, CNN, NPR, and is the author of two other books, *Should I Be Tested For Cancer?* and *Overdiagnosed*.

Welch, H. (2015). *Less Medicine More Health: 7 Assumptions That Drive Too Much Medical Care*. Boston, MA: Beacon Press. ISBN: 978-0-8070-7164-9. Hardcover. 218 pages.





Written by Gabriele Wittmann,  
Ursula Schorn, and Ronit Land

Reviewed by Michael Fiorini

*Anna Halprin: Dance, Process, Form* details the life and work of dancer and artist Anna Halprin. Halprin was an early innovator in dance therapy, using the medium as a form of personal exploration through artistic and physical expression. Her work with groups of people, either for specific art pieces or in experimental workshops, was highly influential for the development of both dance therapy and avant-garde expressionism. Notable particularly amongst psychotherapists who incorporate bodywork and bioenergetics into their work, the principles behind **Halprin's artistic perspective and** undertakings remain highly relevant to those fields. Focusing on the cultural and historical influences that characterized her early development as an artist, the authors also discuss the underlying

concepts that made her approach to dance unique and therapeutic. For professionals who already incorporate similar dance-related therapies in their work, the analysis for bolstering treatment outcomes may be helpful. The book also gives some detailed background information for those interested in Halprin—her work, expressionism, and dance therapy in general.

The book is composed of five chapters, three of which are followed by closing **"dialogues," or critical interviews that** discuss the broader scope, issues, and **applications of Halprin's work as they** relate to preceding chapters. The book opens with an examination of the life and work of Anna Halprin, discussing it generally and in the context of the



Readers will find that *Anna Halprin: Dance, Process, Form* is a detailed, well-researched, and objective examination of the life, work, and artistic mindset of Anna

social and artistic movements of the nineteen-forties, fifties, and sixties. The **next part of the book discusses her "life/art process,"** which details the essential building blocks for Halprin's creative and artistic actions. The following dialogue **discusses the critics of Halprin's work** and why, as a figure, she is sometimes not widely regarded as an artist nor as a dance innovator. The next chapter takes that initial dialogue and segues into her global reception, both in the psychology field and the art and performance world. It discusses, after this, the challenges of being on the boundary between art and therapy, significant because Halprin regarded herself and work as purely artistic in nature, albeit informed by psychology and the theories of psychoanalysts like Fritz Perls. The next chapter discusses the limits of **expression, and how the "life/art process" can function in a therapeutic setting.** This includes a dialogue about emotionality in teacher training within a multicultural context. The final chapter **covers Anna Halprin's work in dance education.** The book closes with an extensive list of her notable works and references, making the book appealing for use in research.

Readers will find that *Anna Halprin: Dance, Process, Form* is a detailed, well-researched, and objective examination of the life, work, and artistic mindset of Anna Halprin. It also effectively explains and translates that work for artists, performers, and working clinical professionals, much in the way that her work has already influenced those populations. It is also an interesting

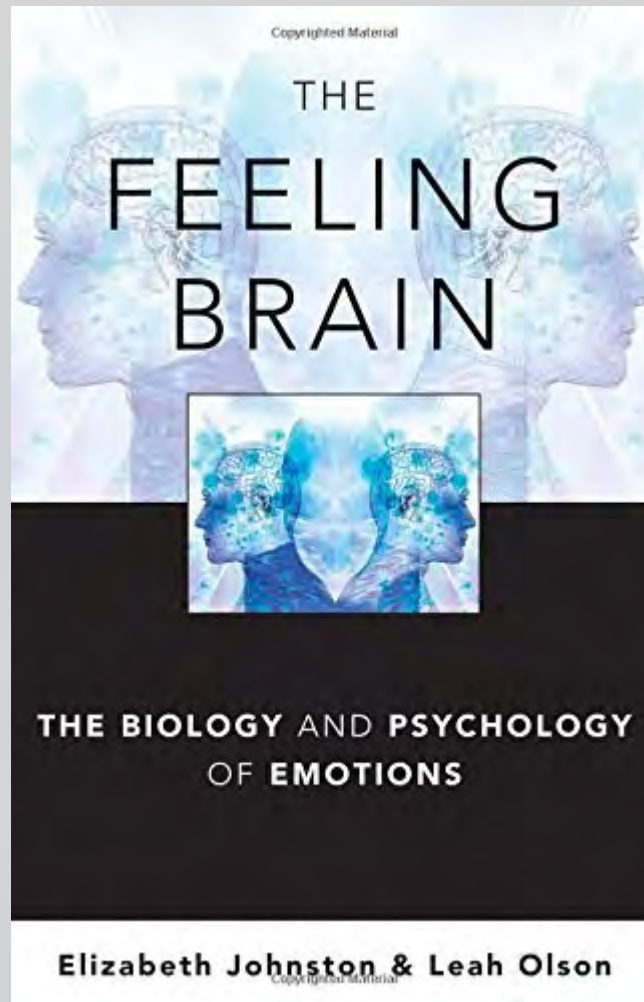
profile and examination of someone who used expressionism in a way that can assist in tapping into and harnessing the human experience, either for therapeutic gains, or simply as a means of materializing otherwise hidden internal states. The inclusion of images of some of the pieces she conducted or influenced also gives readers a more direct sense of how her work materialized in groups and within individual projects and performances. This speaks to the very physical, present side of the dance medium it was implemented in. Also highly critical of the limitations of human expression and of the reception of Halprin herself, the book is an interesting foray into where the process of expression in dance and therapy stands today, and also what it might mean for practitioners and performers going forward.

**Gabriele Wittmann** is an assistant lecturer in dance criticism, history, and creative scientific writing at the Frankfurt University of Music and Performing Arts who studied with Anna Halprin.

**Ursula Schorn** is a gestalt therapist, independent practitioner, and director of advanced training in art education and therapy.

**Ronit Land** also trained with Halprin and is director of the dance department at the Remscheid Academy in Germany.

Wittmann, G., Schorn, U., & Land, R. (2015). *Anna Halprin: Dance, Process, Form*. Philadelphia, PA: JKP. ISBN: 978-1-84905-472-0. Paperback. 207 pages. Includes notes, recommended reading, index, and references.



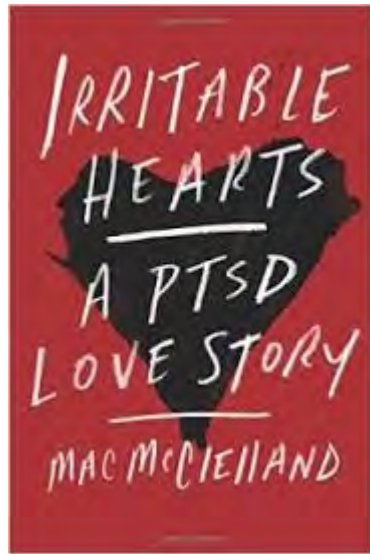
Reviewed by Helen Hu

Current advancements in technology and research methods have allowed for previously neglected disciplines to be re-evaluated in a new light. Among these revitalized topics is affective neuroscience, a field that combines neuroscience with certain aspects of psychology to investigate the neural mechanisms behind emotion. Drs. Elizabeth Johnston and Leah Olson, professors at Sarah Lawrence College, have dedicated their careers to further this relatively contemporary subject: in addition to research, Johnston and Olson have previously co-taught a

college course titled “The Feeling Brain” which sought to explore emotion in an academic environment.

More recently, Johnston and Olson have transformed their teachings into writing, resulting in *The Feeling Brain: The Biology and Psychology of Emotions*. The authors “[highlight] the work of a few key researchers,” describing their text as a “tasting menu that introduces the variety of delicacies available in the vibrant and growing field of emotion research” (xvi). Drawing from researchers dating back to Darwin,





## Irritable Hearts: A PTSD Love Story

Reviewed by Michael Fiorini

*Irritable Hearts: A PTSD Love Story* is a firsthand account of what it's like to develop and suffer from post-traumatic stress disorder. The book follows the narrator, a female journalist working in Haiti during the humanitarian crisis that developed there following the earthquake that devastated the country in 2010. As the author is exposed secondhand to acts of violence, rape, extreme poverty, and helplessness, she begins to experience dissociation and depression. A romance grows with another person with PTSD that helps bring her out of the past and overcome her traumatic experiences. For professionals interested in reading about trauma and PTSD specifically, the book is an excellent and detailed firsthand narrative. It is written mindfully, and is highly descriptive of moments relating to the emotional experience of trauma. Therapists might find this illustrative approach helpful for recognizing such symptoms in their own work. The book also shows that trauma does not need to originate out of direct experiences, reframing secondary traumatization for the audience. Doing so allows the narrator and readers to come to a broader understanding of PTSD (and how to recognize and treat it clinically).

*Irritable Hearts* opens in Haiti, and follows the narrator as she reports on the living conditions and reconstruction efforts underway in Port-au-Prince. The volatile environment there and the pervasive rape culture that permeates it slowly begin to cause her to dissociate. She leaves the country after several

months, but not before having a tryst with a French UN peacekeeping soldier who also suffers from PTSD. As she tries to move on with her life in San Francisco, she descends into alcoholism and more frequent dissociation and depersonalization. She starts to desire re-enacting the scenes of rape she

witnessed or was told about. She also manages to keep up a distant relationship with the French soldier, Nico, and he becomes the only romantic partner she feels an emotional connection with. The book then follows **the narrator's long recovery process** through psychotherapy. In working through the trauma she experienced in Haiti and on other assignments, the narrator begins to realize that the origins of her PTSD go back much farther into her past than she realized. Throughout the book, the on and off distant romance between her and Nico evolves into something much more intimate, and they begin to work through their emotional turbulence together. The book ends on a note suggesting that PTSD might not be something that is ever fully resolved, but can be helped a day at a time with the support of others.

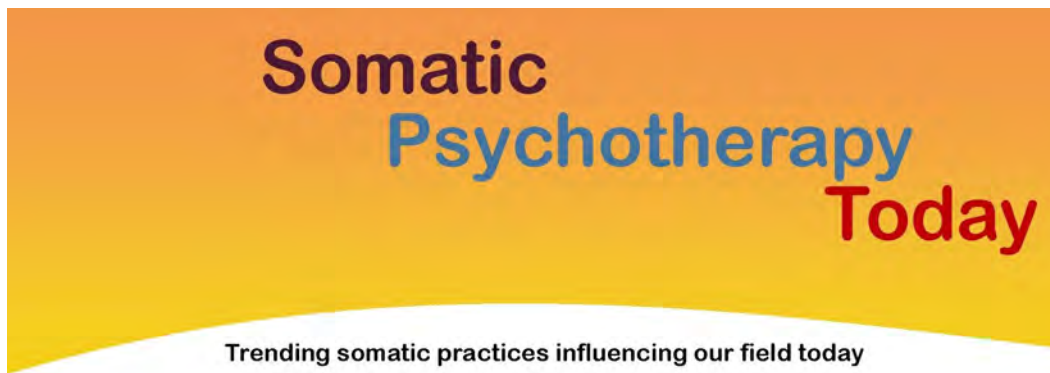
Because it is entirely first person and contains a wealth of emotional and contextual information for readers, ***Irritable Hearts*** is a highly realistic and vivid portrayal of trauma and healing. As a romantic narrative, it is also an interesting foray into how sexuality and connection affect our inner selves. For those interested in PTSD, the book offers a firsthand account of its potential origins, effects, and how it transforms over many years. It additionally brings forth a great deal of insight from research in psychology, and is well-sourced. As a memoir from someone suffering from trauma, it stands out in the degree of detail and the scope of the storytelling it includes. It is unique in how it considers how trauma affects human connection and romantic feelings. The book does not steer away from cultural taboos either, and is raw in the way it approaches rape, sexual

**The book does not steer away from cultural taboos either, and is raw in the way it approaches rape, sexual identity, discrimination, and violence. Importantly, it avoids bringing forth imagery that might be an emotional trigger for some readers. The result is both a highly personal and captivating book.**

identity, discrimination, and violence. Importantly, it avoids bringing forth imagery that might be an emotional trigger for some readers. The result is both a highly personal and captivating book. Professional readership can benefit greatly from reading it if looking to expand awareness of romance and trauma dynamics. It may also assist those working with people from conflict and disaster areas, or people caught on the fringes of powerlessness and oppression.

**Mac McClelland** is the author of *For Us Surrender Is Out of the Question*. She has written for Reuters, Rolling Stone, Mother Jones, The New York Times Magazine, and The New York Times Book Review, among other publications. Her works have been rewarded by several societies of journalism, and are anthologized in Best American Magazine Writing 2011, Best American Non-Required Reading 2011, and Best Business Writing 2013.

McClelland, M. (2015). *Irritable Hearts: A PTSD Love Story*. New York, NY: Flatiron. ISBN: 978-1-250-05289-6. Hardcover. 308 pages. Includes notes and references.



We offer you an invitation to write for us, with us. And we offer you support along the way. Your writing can contribute to and enrich the 'body' of critical and reflective content, as well as to the clinical expertise, in the 'field' of Body Psychotherapy.

### **Whom can you write for?**

We suggest that – for a professional article – you consider:

The EABP/USABP peer-reviewed **International Body Psychotherapy Journal** (for original work only): [www.ibpj.org](http://www.ibpj.org)

The peer-reviewed journal of **Body, Movement and Dance in Psychotherapy** (for original work only): [www.tandfonline.com/toc/tbmd20/current#.VBfpFS6wJRU](http://www.tandfonline.com/toc/tbmd20/current#.VBfpFS6wJRU)

**Or** (for German authors) **körper – tanz – bewegung**: Zeitschrift für Körperpsychotherapie und Kreativtherapie: [www.reinhardt-verlag.de/de/zeitschrift/51830](http://www.reinhardt-verlag.de/de/zeitschrift/51830)

(You will find the necessary "instructions for authors" on their various websites.)

**Or**: for something a bit more conversational: **Somatic Psychotherapy Today**: [www.SomaticPsychotherapyToday.com](http://www.SomaticPsychotherapyToday.com)

**Or**: Something for a newsletter of your particular professional association, modality association, or national association in psychotherapy;

**Or**: A comment or a thread in one of the **Somatic Perspectives LinkedIn** group discussions, facilitated by Serge Prengel: [www.linkedin.somaticperspectives.com](http://www.linkedin.somaticperspectives.com)

**Or**, possibly, a chapter for an edited book, on a particular theme, possibly like one of the series being published by **Body Psychotherapy Publications (BPP)**: [www.bodypsychotherapypublications.com](http://www.bodypsychotherapypublications.com).

**Or:** Something to be published somewhere else, at some other time, in a different medium; or for a personal internet blog; or ... maybe just for your personal journal.

### **What can you write about?**

You can write about attending a recent Congress, or seminar, or about attending a different event; - or about your student thesis; - or your experience of writing your student thesis; - or a special or particularly interesting case history; - or an aspect of your personal therapy; - or about working with a particular client group; - or about a development of theory or practice; or - even about your reflections on the field of Body Psychotherapy.

### **How to get started writing professionally?**

There is an article in the journal of *Body, Movement & Dance in Psychotherapy* [www.tandfonline.com/doi/full/10.1080/17432979.2010.530060#.VBfsNC6wJRU](http://www.tandfonline.com/doi/full/10.1080/17432979.2010.530060#.VBfsNC6wJRU) (You can also find a free copy [here](#).)

And there are some recent guidelines about how to write a professional Body Psychotherapy Case Study: [www.eabp.org/research-case-study-guidelines.php](http://www.eabp.org/research-case-study-guidelines.php).

There are also many articles on the Internet (in different languages) about how to write.

If you want any further assistance with where to publish, or with the process of editing, or re-editing, or with the complications of the publication process, the following people may be able to offer you some help. They are all professional body psychotherapists, editors and writers:

Nancy Eichhorn: [Nancy@NancyEichhorn.com](mailto:Nancy@NancyEichhorn.com)

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Sincerely,

EABP Publications Committee

# INTERNATIONAL BODY PSYCHOTHERAPY JOURNAL

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