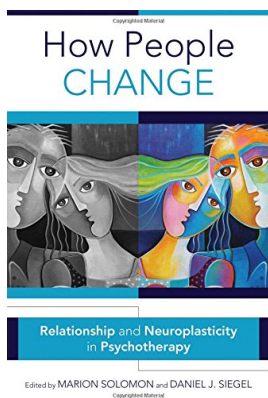


[PDF] How People Change: Relationships And Neuroplasticity In Psychotherapy (Norton Series On Interpersonal Neurobiology)

Marion Solomon Ph.D., Daniel J. Siegel M.D. - pdf download free book



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Description:

Drawing on cutting-edge neuroscience to understand psychotherapeutic change.

Growth and change are at the heart of all successful psychotherapy. Regardless of one's clinical orientation or style, psychotherapy is an emerging process that is created moment by moment, between client and therapist.

How People Change explores the complexities of attachment, the brain, mind, and body as they aid change during psychotherapy. Research is presented about the properties of healing relationships and communication strategies that facilitate change in the social brain. Contributions by Philip M. Bromberg, Louis Cozolino and Vanessa Davis, Margaret Wilkinson, Pat Ogden, Peter A. Levine, Russell Meares, Dan Hughes, Martha Stark, Stan Tatkin, Marion Solomon, and Daniel J. Siegel and Bonnie Goldstein.

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