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as Therapeutic; Touch Therapies and Trauma; How Does Touch Heal?; Polarity Therapy; The Touch of Animal Companions; Summary; 6. Integrative Assessment; Assessment Scales; Listening to the Language of Suffering; Definitions of Four Major Stress Syndromes; The Stages of Presentation; Trauma Story; Treatment Boundaries and Self-disclosure; Culture and Identity; Coping Skills, Resiliency, and Posttraumatic Growth
Spiritual/religious/paranormal or Anomalous Experiences
Physical Health History; Psychoactive Substance Use/abuse Assessment; Pain Scales and Questionnaires; Sleep History, Past and Current; Hyperventilation and Anxiety; Alexithymia; Diet, Nutrition, and Medications; Detoxification; From Assessment to Treatment; Summary; 7. Transmutation of Trauma; Background; Rhythms of Recovery; Story as Therapy; The Stages of Treatment; Therapeutic Methods; Spirituality and Transpersonal Psychology; Summary; 8. Nutrition; Introduction; Principles of Effective Treatment; Basic Principles; Digestion
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Digestion and Depression; Intestinal Health; Liver and Gallbladder Health; Fats and Essential Fatty Acids; Cholesterol as Hormone Precursor; The Dangers of Trans Fatty Acids; Mood, Pain, and Fat; The Healing Nourishment of Animal Glands; Brain Chemicals: Neurotransmitters and Amino Acids; Depression; Using Amino Acids for Withdrawal from Ssr; Dopamine Precursors; Lithium Orotate; Anxiety; Phosphatidylserine and Phosphatidylcholine; Sleep and Insomnia; Pain; Food; Special Foods; When Cost Is a Factor; Summary; 9. Botanical Medicines; Adaptogens; Nervines Stimulants

Sommario/riassunto

Rhythm is one of the most important components of our survival and well-being. It governs the patterns of our sleep and respiration and is profoundly tied to our relationships with friends and family. But what happens when these rhythms are disrupted by traumatic events? Can balance be restored, and if so, how? What insights do eastern, natural, and modern western healing traditions have to offer, and how can practitioners put these lessons to use? Is it possible to do this in a way that's culturally sensitive, multidisciplinary, and grounded in research? Clients walk through the door with
