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[(The Body Remembers the Body Remembers: The ... The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment Babette Rothschild. For both clinicians and their clients there is tremendous value in understanding the psychophysiology of trauma and knowing what to do about its manifestations. This book illuminates that physiology, shining a bright light on the impact of trauma on the body and the phenomenon of somatic memory.

The Body Remembers | SOMATIC TRAUMA THERAPY
As a memory scientist, this book is absurd and dangerous. The body does not remember anything--neurons remember information via LTP, etc. Memories are not stored in the body. This is a dangerous notion because it may lead to the possibility that sensations are long lost memories of abuse--leading to false memories and/or false accusations.

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Her recent book ' The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment ' , is not so much a treatment approach as a thorough account of the physiological research into trauma, and an integration of this research to treatment, showing how trauma therapy requires flexibility and self-awareness above all else.

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