

Trauma Therapy and Clinical Practice: Considerations of Neuroscience, Gestalt and the Body

2nd Edition

Miriam Taylor



Open University Press

Contents

<i>Praise page</i>	v
<i>Acknowledgements</i>	xiii
<i>Preface to the second edition</i>	xv
1 INTRODUCTION	1
Defining trauma	2
Contemporary trauma therapies	4
The traumatized body	5
The application of neuroscience	8
Reductionism and technique	10
Gestalt as a therapy for trauma	11
About the book	15
PART 1 ENLARGING THE FIELD OF CHOICE	19
2 THE ORGANIZATION OF PARTS AND WHOLES	21
A metaphor for the work	21
Unformulated trauma	22
Orienting to trauma	23
Trauma figure, trauma ground – field, self and other	24
Creative adjustments	28
Polarities, balance and holism	30
Rigidity, chaos and complexity	31
Restructuring the ground	33
Regaining control	36
Immersion in the positive	37
3 MAKING CHANGE POSSIBLE	40
Change from the viewpoint of the traumatized other	40
Perspectives on change	41
The Paradoxical Theory of Change and trauma	42
Other factors in the change process	44
Neuroscience, trauma and change	46
Special functions of the brain	49
The relational brain	50
Creating the conditions for growth	50
Towards an Integrated Model of Change	54

4	WORKING WITH AROUSAL	58
	Trauma as an arousal process	58
	Arousal and Gestalt	59
	The autonomic nervous system	60
	The polyvagal theory and social engagement	61
	The Window of Tolerance Model	63
	Clinical implications of the autonomic nervous system	66
	Working with arousal	68
5	THERE AND THEN, HERE AND NOW	74
	The timelessness of trauma	74
	Beyond the here and now	76
	Differentiating experience	77
	Repeating patterns	78
	Awareness of the here and now	79
	Awareness and the phenomenological method	79
	Phenomenology and the body	81
	Awareness, phenomenology and the process of change	83
	The role of mindfulness in trauma therapy	84
	PART 2 AT THE LIMITS OF SELF	91
	INTRODUCTION TO PART 2	93
6	FROM FEAR TOWARDS SAFETY	97
	Avoidance, triggers and phobias	98
	Responses to fear	100
	Orienting to danger	101
	The neurobiology of fear	102
	Survival-based defences	104
	Risky behaviour	106
	A secure base	107
	Establishing safety	108
	Case study: Part 1	111
7	FROM HELPLESSNESS TOWARDS AGENCY	115
	Helplessness and healthy process – a Gestalt perspective	115
	Two kinds of helplessness in the body	117
	The psychological impact of helplessness	119
	The shame of helplessness	120
	Locus of control shift	121
	Agency and choice	123
	Taking action	124
	Case study: Part 2	126

8	FROM DISSOCIATION TOWARDS CONTACT	129
	Theoretical perspectives on dissociation	129
	Depersonalization and derealization	131
	Making sense of dissociation	132
	Dissociation and the body	132
	The neuroscience of dissociation	134
	The fragmented self	134
	Collective dissociation	139
	Dissociation and relationship	140
	Supporting contact	142
	Case study: Part 3	144
9	FROM SHAME TOWARDS ACCEPTANCE	146
	Shame through the lens of trauma	147
	Attachment shame	149
	Shame, blame and responsibility	151
	Shame-full bodies	153
	The physiology of shame	155
	In an unreceptive world	155
	Working with shame	157
	Case study: Part 4	159
	PART 3 A RELATIONAL HOME FOR TRAUMA	163
10	THE ROLE OF THE THERAPIST	165
	The therapist and change	165
	The therapist and emotional regulation	166
	Power and horizontalism	169
	Establishing the relationship	170
	Transference issues	171
	Therapist as (re)organizer	174
	The therapist and the here and now	175
11	THE WELL-RESOURCED THERAPIST	179
	Personal story 1: Gathering resources	179
	Mirror neurons	181
	Therapist vulnerability	182
	The embodied therapist	185
	Mindfulness as a resource	190
	Mutual healing	190
12	EMBODIED RELATIONSHIP	192
	Relational dilemmas	192
	What we already know	193

Mutual regulation	196
An experience beyond words: making sense together	199
Touch	202
Special considerations in tolerating relationship	204
13 TRANSFORMING RELATIONAL WOUNDS	206
Disorganized attachment and complex trauma	206
Rupture and repair in trauma therapy	208
What's going on? Trauma in the room	211
Acts of triumph	213
Integration, narrative and earned attachment	215
Case study: Part 5	217
<i>Glossary</i>	219
<i>References</i>	223
<i>Index</i>	234