



Changing Minds in Therapy: Emotion, Attachment, Trauma, and Neurobiology (Norton Series on Interpersonal Neurobiology)

Margaret Wilkinson

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Addresses the flurry of questions about the practical application of neuroscience in clinical treatment.

Recent advances in research in the fields of attachment, trauma, and the neurobiology of emotion have shown that mind, brain, and body are inextricably linked. This new research has revolutionized our understanding of the process of change in psychotherapy and in life, and raised a flurry of questions about the practical application of neuroscience in clinical treatment, particularly with those who have experienced early relational trauma and neglect. What insight does neuroscience offer to our clinical understanding of early life experiences? Can we use the plasticity of the brain to aid in therapeutic change? If so, how?

Changing Minds in Therapy explores the dynamics of brain-mind change, translating insights from these new fields of study into practical tips for therapists to use in the consulting room. Drawing from a wide range of clinical approaches and deftly integrating the scholarly with the practical, Margaret Wilkinson presents contemporary neuroscience, as well as attachment and trauma theories, in an accessible way, illuminating the many ways in which cutting edge research may inform clinical practice.

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