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Babette Rothschild: Trauma Treatment

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Body Remembers The Psychophysiology of Trauma and Trauma Treatment Babette Rothschild for the Helper. Babette Rothschild She is also the Series Editor of the Norton 8 Keynote Mental Health Series (12 titles and growing!) After aiving and working years in Copenhagen, Denmark she returned to her native Los Angeles. There she is Whiting her next books while she continue to lecture, train and

APPLYING THE BRAKES By Babette Rothschild

client's body, tone of voice, and physical movements. When a client turns pale, breathes in fast, panting breaths, has dilated pupils, and shivers or feels cold, her sympathetic nervous system (activated in states of stress) is aroused. Stress hormones are pouring into her body, threatening the hippocampus with shut-down. These symptoms mean it's time to calm the client down. When, on the

Useful Resources for those Hurt by Abuse

Rothschild, B (2000) *The Body Remembers - The Psychophysiology of Trauma and Trauma Treatment* WW Norton
Rothschild, B (2010) *8 Keys to Safe Trauma Recovery: Take-charge Strategies to Empower Your Healing* W W Norton & Co
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