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2000 by Babette Rothschild (Author)

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The Body Remembers: The  
Psychophysiology of Trauma and  
Trauma Treatment Babette Rothschild.  
She has written several articles on  
trauma and posttraumatic stress. After  
living and working for nine years in

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Denmark, she has returned to Los Angeles, where she maintains a private practice while offering professional training, consultation, and supervision throughout the United States and Europe.

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I recently read Babette Rothschild's (2000) new book "The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment" (published by W.W. Norton). In this book Babette does a wonderful job of explaining complex psychobiological processes in easy to understand, digestible bites.

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that people who have been traumatized  
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Trauma Treatment. Just as there is no one medication to treat anxiety or depression, there is no one-size-fits-all trauma therapy. In fact, sometimes it is the therapeutic relationship, not any technique or model, that is the primary force for healing trauma.

**R M I J**

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emphasis on the therapeutic relationship, and claims that trauma can be resolved in one session are an emphasis on method. There are outcome studies that show the effective resolution of trauma in three sessions,...

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In The Body Remembers, Babette Rothschild beautifully succeeds in bridging this gap. She not only provides a clear window on this very important

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subject, but also presents a highly practical integration of the psychophysiology of trauma and the ways in which clinicians may assist trauma survivors to resolve the effects of overwhelming experience on mind and body.

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