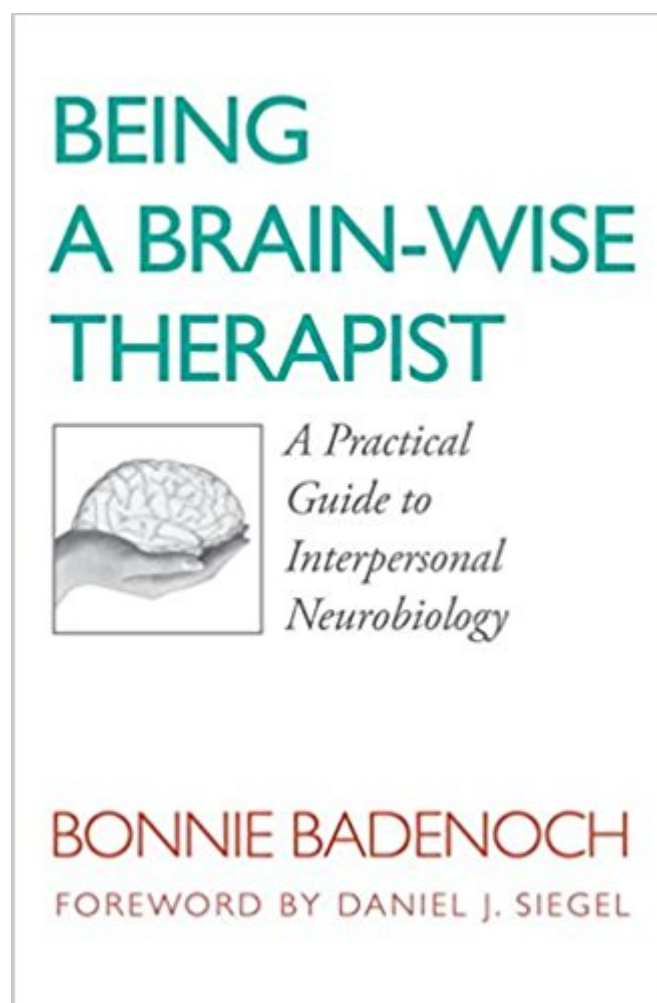




The book was found

Being A Brain-Wise Therapist: A Practical Guide To Interpersonal Neurobiology (Norton Series On Interpersonal Neurobiology)



Synopsis

This book, part of the acclaimed Norton Series on Interpersonal Neurobiology, brings interpersonal neurobiology into the counseling room, weaving the concepts of neurobiology into the ever-changing flow of therapy. Neuroscientific discoveries have begun to illuminate the workings of the active brain in intricate detail. In fact, sometimes it seems that in order to be a cutting-edge therapist, not only do you need knowledge of traditional psychotherapeutic models, but a solid understanding of the role the brain plays as well. But theory is never enough. You also need to know how to apply the theories to work with actual clients during sessions. In easy-to-understand prose, *Being a Brain-Wise Therapist* reviews the basic principles about brain structure, function, and development, and explains the neurobiological correlates of some familiar diagnostic categories. You will learn how to make theory come to life in the midst of clinical work, so that the principles of interpersonal neurobiology can be applied to a range of patients and issues, such as couples, teens, and children, and those dealing with depression, anxiety, and other disorders. Liberal use of exercises and case histories enliven the material and make this an essential guide for seamlessly integrating the latest neuroscientific research into your therapeutic practice.

Book Information

Series: Norton Series on Interpersonal Neurobiology

Paperback: 384 pages

Publisher: W. W. Norton & Company; 1 edition (July 17, 2008)

Language: English

ISBN-10: 0393705544

ISBN-13: 978-0393705546

Product Dimensions: 6.2 x 1.1 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 43 customer reviews

Best Sellers Rank: #32,850 in Books (See Top 100 in Books) #42 in Books > Textbooks > Social Sciences > Psychology > Neuropsychology #93 in Books > Medical Books > Psychology > Neuropsychology #105 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry

Customer Reviews

Filled with the wisdom of a seasoned front-line therapist....the stories...enable us to see the direct applications of this approach. (Foreword, Daniel Siegel)

Bonnie Badenoch, MA, LMFT, is a marriage and family therapist, an instructor at Portland State University in the Interpersonal Neurobiology certificate program, and cofounder and executive director of the nonprofit Nurturing the Heart with the Brain In Mind in Vancouver, WA.

I found this book to be both insightful and practical in the application of interpersonal neurobiology as well as meaningful clinical intervention. If you have been trained in IPN you may find it to be basic and somewhat of a review. As someone fairly new to the genre however I am soaking up every bit of it. I find that I have to read it in chunks so that I can process and think about the information but with every page I feel more and more validated in the work that I am doing! I highly recommend this for anyone that has an interest in INP and/or ways to be really present and mindful as a practitioner. Thank you!

Hands down the best psychology book ever written. I went to NYU for undergrad and USC for grad school and this is by far my favorite book in all my courses!

For being as technical as it is, Badenoch's book is readable, intriguing and engaging! Explanations of neurobiology are clearly given with practical applications for brain-based effective therapy. I felt fortunate to have read the book prior to hearing the author speak at the Iowa Annual Play Therapy conference! I highly recommend this book and the accompanying workbook.

One of the best books out there on IPNB. Clear and concise examples and ideas for use with clients.

I am a PhD student with an interest in neurobiology, and I love this book. It is both easy and interesting to read, much more so than many of the other books on this topic. It is directly applicable to my field of counseling. This book is a must read for anyone in the mental health field. Bonnie Badenoch is an incredible writer.

Every therapist needs this book! Badenoch offers such a clear and (relatively) concise explanation of interpersonal neurobiology and inner community work. This book offers several exercises and tips on how to incorporate this kind of work into your practice.

A solid, professional exploration of the neurological environment of individuals manifesting psychiatric diagnoses. Well-written and imminently readable discussion of how the limbic system responds to psychotherapy which addresses the needs of vulnerable individuals.

A very helpful summary of current knowledge of neuropsychology and how to use it in therapy...I use the information in this book almost every day as a therapist.

[Download to continue reading...](#)

Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology (Norton Series on Interpersonal Neurobiology) Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind (Norton Series on Interpersonal Neurobiology) Neurobiology for Clinical Social Work: Theory and Practice (Norton Series on Interpersonal Neurobiology) (Norton Professional Books) The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration (Norton Series on Interpersonal Neurobiology) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) The Healthy Aging Brain: Sustaining Attachment, Attaining Wisdom (Norton Series on Interpersonal Neurobiology) Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology) The Neuroscience of Human Relationships: Attachment and the Developing Social Brain (Second Edition) (Norton Series on Interpersonal Neurobiology) The Neuroscience of Psychotherapy: Healing the Social Brain (Second Edition) (Norton Series on Interpersonal Neurobiology) Treating Trauma-Related Dissociation: A Practical, Integrative Approach (Norton Series on Interpersonal Neurobiology) Where to Start and What to Ask: An Assessment Handbook (Enhanced Edition with Audio CD) (Norton Series on Interpersonal Neurobiology) Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists (Norton Series on Interpersonal Neurobiology) The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization (Norton Series on Interpersonal Neurobiology) Healing the Traumatized Self: Consciousness, Neuroscience, Treatment (Norton Series on Interpersonal Neurobiology) Intensive Psychotherapy for Persistent Dissociative Processes: The Fear of Feeling Real (Norton Series on Interpersonal Neurobiology) The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation (Norton Series on Interpersonal Neurobiology) Sensorimotor Psychotherapy: Interventions for Trauma and Attachment (Norton Series on Interpersonal Neurobiology) Dreeben-Irimia's Introduction To Physical Therapist Practice For Physical Therapist Assistants The Making of a Therapist (Norton Professional Books) Healing Wise (Wise Woman Herbal)

Contact Us

DMCA

Privacy

FAQ & Help