

Healing Trauma A Pioneering Program For Restoring The Wisdom Of Your Body By Peter A Levine

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"Synopsis An indispensable guide offers methods to overcome the challenges faced after experiencing a traumatic situation--such as an accident, disaster, or childhood trauma--helping survivors heal their traumas rather than relive them. Original. Über den Autor und weitere Mitwirkende **Peter A. Levine** Peter A. Levine, PhD, has spent 45 years studying and treating stress and trauma. He holds a doctorate degree in medical biophysics from the University of California at Berkeley and in psychology from International University. He is the developer of Somatic Experiencing®, a naturalistic approach to healing trauma. He has practiced and taught at treatment centers, hospitals, and pain clinics throughout the world, and has dealt with a wide range of trauma, including accidents, rapes, assaults, abuse, and invasive medical procedures. Peter was a stress consultant for NASA during the development of the Space Shuttle program. He served with the Institute for World Affairs Task Force for 'Psychologists for Social Responsibility' and the American Psychological Association 'Presidential Initiative on Responding to Large-Scale Disasters and Ethno-Centric Warfare.' He is also the bestselling author of Waking the Tiger (published in 22 languages), as well as several other books and audio programs that teach people how to use the body as a tool in resolving trauma. Peter is the founder of the Foundation for Human Enrichment, based out of Boulder, Colorado, which now has a membership of 5,000 Somatic Experiencing® training practitioners worldwide. His current interests include prevention of trauma in children, for which he has published two books, his most recent being Trauma-Proofing Your Kids: a Parent's Guide to Instilling Confidence, Joy, and Resilience. In Fall 2010, he published his master opus In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness. In October 2010 he received a Lifetime Achievement Award from the United States Association for Body Psychotherapy (USABP.org)."

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