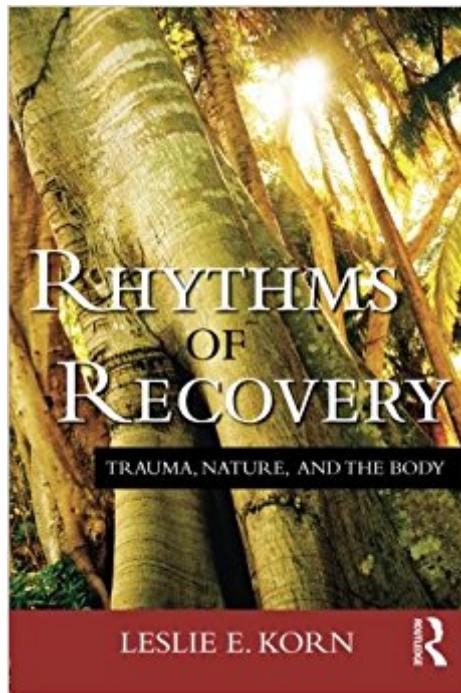


The book was found

Rhythms Of Recovery: Trauma, Nature, And The Body



Synopsis

Rhythm is one of the most important components of our survival and well-being. It governs the patterns of our sleep and respiration and is profoundly tied to our relationships with friends and family. But what happens when these rhythms are disrupted by traumatic events? Can balance be restored, and if so, how? What insights do eastern, natural, and modern western healing traditions have to offer, and how can practitioners put these lessons to use? Is it possible to do this in a way thatâ™s culturally sensitive, multidisciplinary, and grounded in research? Clients walk through the door with chronic physical and mental health problems as a result of traumatic eventsâ•how can clinicians make quick and skillful connection with their clientsâ™ needs and offer integrative mind/body methods they can rely upon? Rhythms of Recovery not only examines these questions, it also answers them, and provides clinicians with effective, time-tested tools for alleviating the destabilizing effects of traumatic events. For practitioners and students interested in integrating the insights of complementary/alternative medicine and 21st-century science, this deeply appealing book is an ideal guide. Rhythms of Recovery provides 10 continuing education units through the Massachusetts Mental Health Counselor Education Home study program (exam required): <http://www.mamhca.org/lmhcs/home-study-program/>

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Customer Reviews

Rhythms of Recovery is a must read for anyone who has experienced a life-changing traumatic event. The book is highly supportive to individuals who have gone through painful physical and/or

emotional trauma and for those with chronic disease. I found that approaching the subject was daunting at the start and began by thumbing through the pages and stopping to where ever I paused. Each time, I found supportive information that was easy to interpret for my needs. I then read the book, cover to cover, and have gained an enhanced well-being and a new level of healing. The section on nutrition is a compilation of helpful suggestions to help with fatigue and boost the immune system. I am grateful to have discovered Rhythms of Recovery.

is a beautifully put together piece of work at all levels. The combination of insight, experience and specific applications, the combination of the book's design, the personal anecdotal and the scientifically backed along with a culturally sensitive understanding, make this a singularly successful piece of serious work. From stories told by story tellers to evidence from the lab, this book is of help to the amateur and the practitioner. The organisation is intelligent, it is easy to find what you want and the illustrations are exactly right. I wholeheartedly recommend the book to those who seek to understand more about trauma, about its devastating impact and about ways to find help. Renée Levine (retired, Lesley University, Cambridge, MA)

I am studying trauma and holistic health as part of my master's degree, so I was very eager to read Dr. Korn's book. I'm glad I did! I found myself constantly taking notes and highlighting sections for further research. Her style is engaging, the book is well organized, and it is full of evidence-based information. I also enjoyed reading about her experiences in working with traumatized clients from a variety of countries and cultures. This is one I will read and absorb again. I highly recommend this book for students, practitioners, and those who've suffered trauma, as a stop on their path toward healing.

Dr. Korn's extensive discussion on the rhythms that govern our lives and how they can be recovered and balanced by utilizing natural approaches can help practitioners to fine-tune treatment strategies when helping clients who have experienced trauma, chronic pain, and other emotional and mental health challenges. Her ability to pose questions and discuss answers is crucial for understanding how complementary and alternative means can help us achieve a healthier life. Jose F. Vaquez, Ph.D., Psy.D.

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