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Using Neuroscience in Trauma Therapy: Creative and Compassionate Counseling

Julie A. Uhernik

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Using Neuroscience in Trauma Therapy provides a basic overview of structure and function of the brain and nervous system, with special emphasis on changes that occur when the brain is exposed to trauma. The book presents a unique and integrative approach that blends soma and psyche beyond the purview of traditional talk therapy and introduces a variety of trauma-informed approaches for promoting resilience. Each chapter includes case studies, examples, and practical and adaptable tools, making *Using Neuroscience in Trauma Therapy* a go-to guide for information on applying lessons from neuroscience to therapy.

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