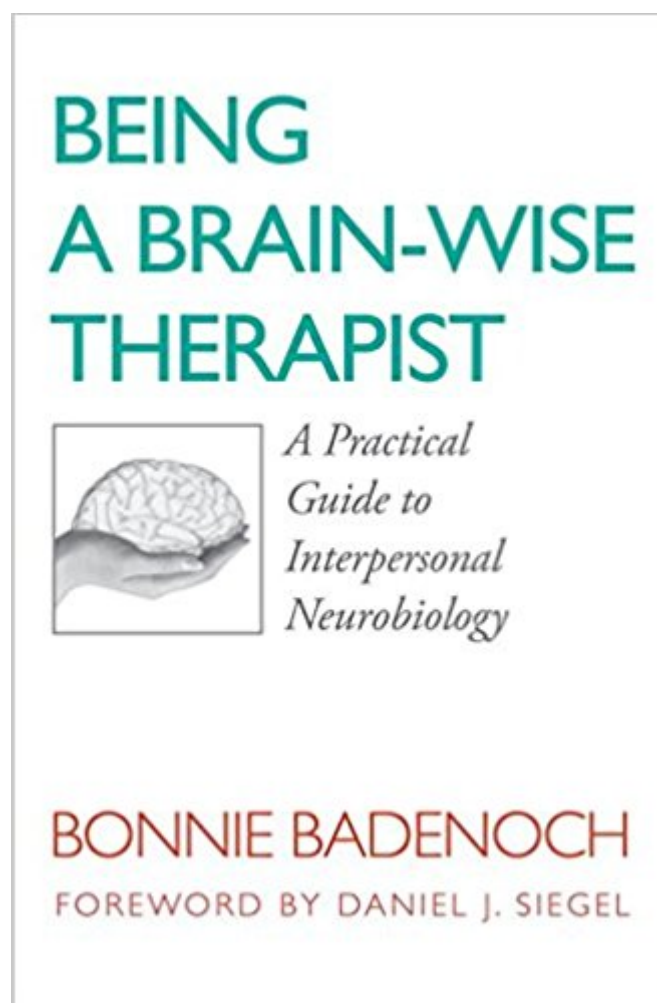




The book was found

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

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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.

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