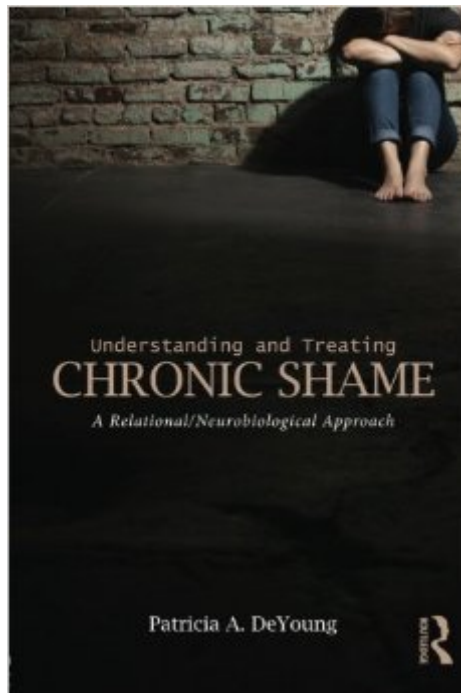


The book was found

Understanding And Treating Chronic Shame: A Relational/Neurobiological Approach



Synopsis

Chronic shame is painful, corrosive, and elusive. It resists self-help and undermines even intensive psychoanalysis. Patricia A. DeYoung's cutting-edge book gives chronic shame the serious attention it deserves, integrating new brain science with an inclusive tradition of relational psychotherapy. She looks behind the myriad symptoms of shame to its relational essence. As DeYoung describes how chronic shame is wired into the brain and developed in personality, she clarifies complex concepts and makes them available for everyday therapy practice. Grounded in clinical experience and alive with case examples, *Understanding and Treating Chronic Shame* is highly readable and immediately helpful. Patricia A. DeYoung's clear, engaging writing helps readers recognize the presence of shame in the therapy room, think through its origins and effects in their clients' lives, and decide how best to work with those clients. Therapists will find that *Understanding and Treating Chronic Shame* enhances the scope of their practice and efficacy with this client group, which comprises a large part of most therapy practices. Challenging, enlightening, and nourishing, this book belongs in the library of every shame-aware therapist.

Book Information

Paperback: 206 pages

Publisher: Routledge (February 4, 2015)

Language: English

ISBN-10: 1138831204

ISBN-13: 978-1138831209

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (3 customer reviews)

Best Sellers Rank: #23,215 in Books (See Top 100 in Books) #18 in Books > Medical Books > Psychology > Movements > Psychoanalysis #21 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychoanalysis #32 in Books > Medical Books > Psychology > Counseling

Customer Reviews

Best book on shame I've read so far! I feel like now I really understand how it all works and what to do with it. (I'm a lay person, but interested in the topic).

Excellent integration of literature including modern neurobiology. Should be used in every

psychotherapy course

as described would buy from again

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

Understanding and Treating Chronic Shame: A Relational/Neurobiological Approach Understanding and Treating Dissociative Identity Disorder: A Relational Approach (Relational Perspectives Book Series) The Relational Database Dictionary: A Comprehensive Glossary of Relational Terms and Concepts, with Illustrative Examples Traumatic Narcissism: Relational Systems of Subjugation (Relational Perspectives Book Series) Treating Visceral Dysfunction: An Osteopathic Approach to Understanding and Treating the Abdominal Organs The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Treating Complex Trauma: A Relational Blueprint for Collaboration and Change (Psychosocial Stress Series) Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) The Dissociative Mind in Psychoanalysis: Understanding and Working With Trauma (Relational Perspectives Book Series) Understanding Bergson, Understanding Modernism (Understanding Philosophy, Understanding Modernism) Understanding Relational Database Query Languages Understanding, Diagnosing, and Treating ADHD in Children and Adolescents: An Integrative Approach (Reiss-Davis Child Study Center, Volume 3) Interpersonal Process in Psychotherapy: A Relational Approach Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Treating and Beating Fibromyalgia & Chronic Fatigue Syndrome, 5th Ed Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome: a step-by-step program proven to help you get well again! How Can I Get Better?: An Action Plan for Treating Resistant Lyme and Chronic Disease Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology)

[Dmca](#)