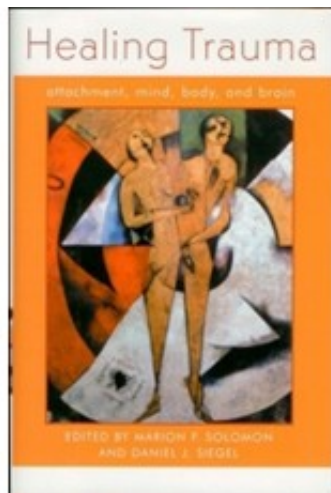


# Healing Trauma: Attachment, Mind, Body, and Brain



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## Description

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Healing Trauma: Attachment, Mind, Body, and Brain

By Daniel J. Siegel and Marion F. Solomon

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As we move into the third millennium, the field of mental health is in an exciting position to bring together diverse ideas from a range of disciplines that illuminate our understanding of human experience: neurobiology, developmental psychology, traumatology, and systems theory. The contributors emphasize the ways in which the social environment, including relationships of childhood, adulthood, and the treatment milieu change aspects of the structure of the brain and ultimately alter the mind.