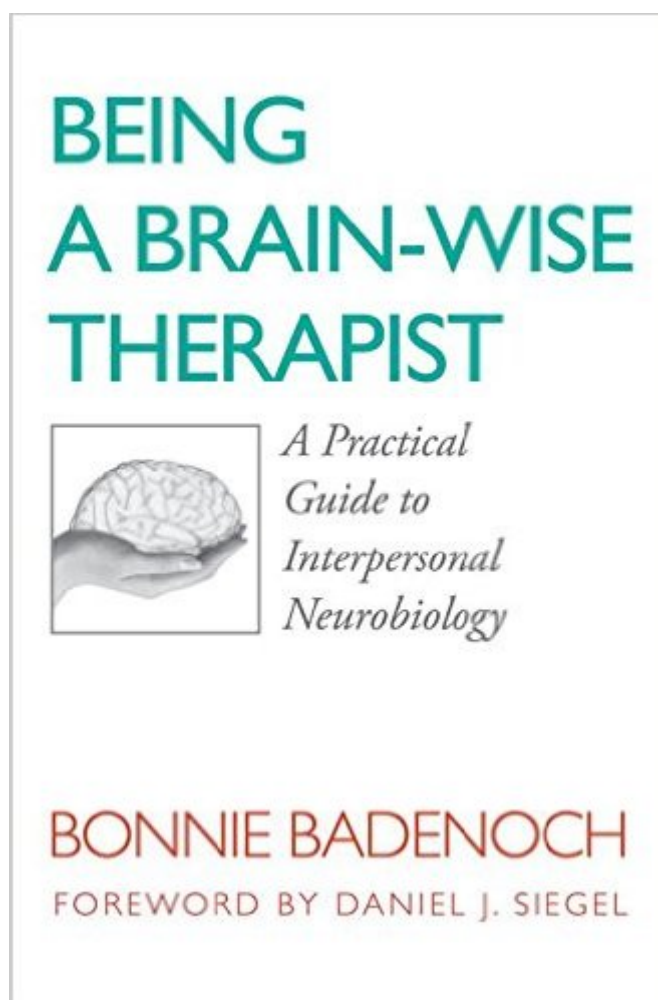


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# Being A Brain-Wise Therapist: A Practical Guide To Interpersonal Neurobiology (Norton Series On Interpersonal Neurobiology)



## 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

This book fills the gap between theory and practice. The author does a superb job of applying interpersonal neurobiology to the "doing-ness" of therapy, in the room, with real patients/clients.

She's particularly adept at capturing the subtle, non-verbal experience of what it actually feels like to sit with a patient during moments of intense emotional upheavals. She skillfully weaves together the theory and the practice; reading her book has affected my own practice and has increased my awareness of how I am "being," moment to moment, with my patients. I highly recommend this book to everyone who is interested in contemporary neuroscience findings--especially and particularly to practitioners of psychotherapy who want to apply neuroscience findings to their clinical practices.

Start Here with *Being a Brain-Wise Therapist*- the most recent and integrated book on the path to learning about Interpersonal Neurobiology. Well-written and easy to read...Bonnie has written an informative and enjoyable book after having digested and practiced the latest information on the brain and relationships. The book is based on her years of experience as a therapist, educator, and mindfulness practitioner. She utilizes the latest information from personal conversations with leading neuroscientists, collaborating on written submissions for the Global Association of Interpersonal Neurobiology ([mindgains.org](http://mindgains.org)), her own research, and her extensive practice which includes supervising interns and colleagues. Just like the smart, warm, and supportive woman she is, Bonnie Badenoch has found a way to nurture our understanding of the brain and relationships throughout this compelling book.

**BEING A BRAIN-WISE THERAPIST: A PRACTICAL GUIDE TO INTERPERSONAL NEUROBIOLOGY** adds to Norton's Series on Interpersonal Neurobiology and provides college-level counseling students and practitioners with a powerful review of the basics on brain structure, function, and neurobiological theories. Exercises and case histories accompany wide-ranging discussions of spirituality, brain injury, personality changes, and more. It's a discussion no mental health and psychology library collection should omit.

What a wonderful integration of neuroscience with compassionate psychotherapy! The author does a very skillful job of making the complexities of neuroscience understandable, and integrating this information with the clinical applications that are necessary to making it work on a practical level. Required reading for my intern therapists...

This book does what it proclaims: Translating the most recent brain research into ways that psychotherapists can effectively work with their clients.

This book was a major disappointment, as it doesn't live up to the quality of other books in the Norton Interpersonal Neurobiology series. This book is pretty much a basic (and at times concrete) distillation of Daniel Siegal's two books. It attempts to apply Siegal's (and Allan Schore's) ideas to the practice of psychotherapy, but does so in an overly simplistic and flowery manner. If you want an introduction to Siegal's and Schore's work then I recommend that you read instead Cozolino's books on neuroscience of psychotherapy and human relationships. They are much more solid and sophisticated in their presentation of these ideas. However, I believe the best synthesis of these topics (attachment theory, mentalization, neuroscience of psychotherapy, relational psychoanalysis, mindfulness) is Wallin's "Attachment in Psychotherapy." This is truly a brilliant synthesis of these ideas and their practical application to the consulting room. I couldn't recommend Wallin's book more.

This amazing book is itself an IPNB experience. As a clinician as well as being on the receiving end of therapy, I was more than educated. I was touched both emotionally and cognitively by this work of art and science. Ms. Badenoch takes the reader by the hand as her equal and walks her through the neuroscience with ease and grace. Her unique ability to elucidate difficult concepts makes the reader feel like an active partner, rather than a passive listener, in her personal journey through this learning experience. In essence, this book kindled my soul and on the brain level, I could actually feel the synapses firing and the forging of new neural circuits. This book is truly for everyone; a virtual gift of hope in a world so desperately in need of compassion.

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.

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