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How In an Unspoken Voice is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct ...

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In an Unspoken Voice How the Body Releases Trauma and ...

In an unspoken voice : how the body releases trauma and restores goodness. Responsibility. Peter A. Levine ; foreword by Gabor Maté. Imprint. Berkeley : North Atlantic Books, c2010. Physical description. xiv, 370 p., [1] p. of plates : ill. (some col.) ; 23 cm. Available

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Unspoken Voices was created in 2014 to give a voice to those who have lost the strength, will, or ability to speak out. This non-profit organization was created to: (I) Ensure that the voices of victim/survivors of power-based violence, marginalization, and oppression are heard

Unspoken Voices

In an Unspoken Voice Quotes Showing 1-11 of 11. "Highly traumatized and chronically neglected or abused individuals are dominated by the immobilization/shutdown system. On the other hand, acutely traumatized people (often by a single recent event and without a history of repeated trauma, neglect or abuse) are generally dominated by the sympathetic fight/flight system.

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