



# Groundbreaking therapies from experts in the field

“A brilliant, state-of-the-art compilation of the underlying science and therapeutic interventions, including touch and embodied self-awareness. Read this book!”

—Bessel van der Kolk, MD, president of the Trauma Research Foundation, and author of *The Body Keeps the Score*

This innovative volume of collected work from over 40 leading somatic therapy experts gathers the latest research and clinical interventions to revolutionize trauma treatment. Editors Herbert Grassmann, PhD, Maurizio Stupiggia, PhD, and Stephen W. Porges, PhD find the common thread linking the contributing authors to introduce a new, cohesive clinical perspective.

Central to this perspective is the recognition of the profound significance of the body-to-body relationship between therapist and patient; the critical role of trust establishment within the clinical context as a prerequisite for deep transformation; and the possibility to “question” the body, finding “unthought-of” avenues of transformation.



**Herbert Grassmann, PhD,** is professor of Psychosocial

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**Stephen W. Porges, PhD,** originator of Polyvagal Theory, is a Distinguished University

Scientist and founding director of the Kinsey Institute Traumatic Stress Research Consortium at Indiana University, and a professor of psychiatry at the University of North Carolina.



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