

THE BODY KEEPS THE SCORE

(SUMMARIZED IN 5 POINTS)

Trauma's Physical and Emotional Impact: The book emphasizes that trauma has a profound effect on both the body and the mind, changing the way a person responds to stress and the way their brain functions.

Mind-Body Connection: Dr. van der Kolk explores how trauma affects the integration between body and mind, often leading to disconnection from one's body. He argues that healing requires reconnecting the body and the mind.

Traditional Treatments Often Inadequate: The author critiques traditional therapeutic approaches, arguing that they can fall short in treating trauma since they often focus solely on rational, conscious thought and neglect the body's role.

Alternative Therapeutic Methods: The book introduces and advocates for alternative treatments, including yoga, EMDR (Eye Movement Desensitization and Reprocessing), neurofeedback, and theater. These methods work on integrating the body and mind and can be more effective for those who have experienced trauma.

Personal and Societal Implications: Beyond individual experiences, the book explores how trauma can have a broader societal impact, affecting communities and entire cultures. Dr. van der Kolk argues for a shift in how we approach and treat trauma, emphasizing the need for compassion, understanding, and innovative methods tailored to the individual's experience.

Body Keeps Score Healing Summary

SA Adler



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external piping is connected to the tank attachments to the shell defined in 5 8 1 1 located at least 1 m 3 ft above the water
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