



The Body Bears the Burden: Trauma, Dissociation, and Disease

Robert C. Scaer

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Measure the neurophysiological changes associated with PTSD and whiplash! Using the clinical model of the whiplash syndrome, this groundbreaking book describes the alterations in brain chemistry and function induced in individuals by what is known as traumatic stress or traumatization--experiencing a life-threatening event while in a state of helplessness. *The Body Bears the Burden: Trauma, Dissociation, and Disease* presents evidence of the resulting and relatively permanent alteration in neurophysiology, neurochemistry, and neuronal organization. This book convincingly demonstrates that these changes create lasting effects on the emotional and physical well-being of the victim--changes correlated with many of the most common, yet poorly understood, physical complaints and diseases, including whiplash, migraines, fibromyalgia, irritable bowel syndrome, and other painful, difficult-to-treat conditions. Further, the causes and effects of retraumatization are explored, clarifying the reasons some patients suffer fresh trauma over relatively minor incidents while others handle major traumas more easily. This groundbreaking volume backs up its new theory of PTSD neurophysiology with cogent theory and persuasive evidence, including:

- case studies correlating clinical features of trauma and dissociation with compelling physiological rationales for the symptoms
- solid documentation drawing from the medical and psychiatric literature of PTSD, whiplash, brain injury, epidemiology of trauma, and a variety of disease processes linked to trauma
- in-depth discussions of medical traumatization of patients, including the results of pediatric procedures and ineffective anesthesia
- demonstrations that somatization and conversion are not imagined symptoms but result from measurable autonomic physiological alteration of the affected organ
- a well-documented exploration of the effect of prenatal and neonatal trauma on later emotional development, response to traumatic life events, and disease and mortality

This impressive empirical evidence that body, brain, and mind are a continuum offers a powerful new paradigm to medical and mental health professionals, as well as new hope to sufferers from trauma. With a foreword by Bessel van der Kolk and helpful figures, *The Body Bears the Burden: Trauma, Dissociation, and Disease* is an essential resource for the in-the-trenches professionals who confront the effects of trauma and resulting somatic consequences. It will be of compelling interest and usefulness to family practice physicians, nurses and nurse practitioners, speech and physical therapists, counselors and psychotherapists, and any medical or mental health professional who treats physical or emotional trauma.

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The Body Bears the Burden: Trauma, Dissociation, and Disease can be one of your nice books that are good idea. We all recommend that straight away because this reserve has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort to place every word into pleasure arrangement in writing The Body Bears the Burden: Trauma, Dissociation, and Disease nevertheless doesn't forget the main level, giving the reader the hottest in addition to based confirm resource information that maybe you can be considered one of it. This great information can drawn you into completely new stage of crucial imagining.

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The book untitled The Body Bears the Burden: Trauma, Dissociation, and Disease contain a lot of information on the item. The writer explains the girl idea with easy way. The language is very straightforward all the people, so do definitely not worry, you can easy to read the idea. The book was authored by famous author. The author will take you in the new period of time of literary works. You can actually read this book because you can please read on your smart phone, or gadget, so you can read the

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