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# Behutsame Trauma Integration

## Trimb Belastende Erf

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Der lange Schatten der Kindheit

I Can't Get Over it

A Process Model

The Compassionate Brain

Eyebody

South of Forgiveness

When Rabbit Howls

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Behutsame Trauma-Integration (TRIMB)

Einfach fragen in Licht und Schatten

Psychiatry, Psychoanalysis, and the New Biology of Mind

Traumatherapie-Kompass

I Had a Black Dog

The Science of Happiness

Symbiosis and Autonomy

The Art of Clean Up

Exploring the Psychological Benefits of Hardship

Patentrezepte gibt es nicht - oder doch ?!

Ludwig van Beethoven - Fidelio

The Way of Man

Behutsame Trauma-Integration (TRIMB) (Leben Lernen, Bd. 275)

We Are All Born Free

Eating in the Light of the Moon

Eye Movement Desensitization and Reprocessing (EMDR) Therapy

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ResonaT - Ressourcenorientierte narrative Traumatherapie

The Soul Bird

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Traumakonfrontation - Traumaintegration

Rosie and the Nightmares

Self and Others

Klänge einer Trauma-Wunde

Research In Psychotherapy

Jung Journal Heft 44: Imagination

Don't Tell, Second Edition  
Set This House in Order  
The Queen of Colors  
Handbook of Child Psychology and Developmental Science, Set  
The Tears of the Ancestors

*Behutsame Trauma  
Integration Trimb  
Belastende Erf*

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## **CHASE NATALIE**

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### **Der lange Schatten der Kindheit**

Northwestern University Press

Can adversity lead to enduring positive change across the lifespan? Providing a thoughtful and considered exploration of this question, this book presents a critical reassessment of posttraumatic growth, based on correcting prior theoretical and methodological limitations in the current research. Its

core argument is that posttraumatic growth should be reconceptualized as positive personality change, and thus should be studied using novel methodological approaches from the field of personality psychology. Broadly, this argument is put forward in five progressive sections. Beginning by giving a conceptual and interdisciplinary overview of posttraumatic growth as a phenomenon, the volume then reviews the current academic conceptualization of posttraumatic growth and makes a case for a 'reset' in the research. The

next section maintains that posttraumatic growth is in fact a form of positive personality change and should be analyzed using personality science methodology. Using positive personality change as a theoretical foundation for posttraumatic growth, the following two sections look at posttraumatic growth in context. It is explored both in the long term, such as in the development of reflective knowledge and wisdom, and in specific situations such as with refugees in Sri Lanka and survivors of the Rwandan genocide. Lastly, *Exploring the Psychological Benefits of Hardship: A Critical Reassessment of Posttraumatic Growth* concludes by offering recommendations for scholars and researchers that will improve the quality of research on posttraumatic growth,

and will advance this important and worthy field.

*I Can't Get Over it* American Psychiatric Pub

One ordinary spring morning in Reykjavik, Iceland, Thordis Elva kisses her son and partner goodbye before boarding a plane to do a remarkable thing: fly seven thousand miles to South Africa to confront the man who raped her when she was just sixteen.

Meanwhile, in Sydney, Australia, Tom Stranger nervously embarks on an equally life-changing journey to meet Thordis, wondering whether he is worthy of this milestone. After exchanging hundreds of searingly honest emails over eight years, Thordis and Tom decided it was time to speak face to face. Coming from opposite sides of the globe, they

meet in the middle, in Cape Town, South Africa, a country that is no stranger to violence and the healing power of forgiveness. *South of Forgiveness* is an unprecedented collaboration between a survivor and a perpetrator, each equally committed to exploring the darkest moment of their lives. It is a true story about being bent but not broken, facing fear with courage, and finding hope even in the most wounded of places.

Personable, accessible, and compelling, *South of Forgiveness* is an intense and refreshing look at a gendered violence, rape culture, personal responsibility, and the effect that patriarchal cultures have on both men and women.

*A Process Model* Hay House

Psychotherapists now have a wealth of knowledge and practical skills for dealing

with people who have been severely traumatized. However, it is still a matter of controversy how best to deal with specific memories of severe stress experiences, particularly when they cannot be made easily accessible due to their severity and duration. The authors of this volume present various well-developed methodologies for re-encountering traumatic memories in such a way that they can be directly compared and easily combined for practical implementation.

The Compassionate Brain Simon and Schuster

Teaches women to free themselves from eating disorders by finding the metaphors hidden in their own life stories

Eyebody Kohlhammer Verlag

Difficult relationships and challenging situations all come down to one thing—drama. In this groundbreaking book, Doreen Virtue guides you through the process of determining your Drama Quotient. You'll discover how much stress you are unnecessarily tolerating and absorbing from other people and the situations you find yourself in. Doreen explains the physiological reasons why you can become addicted to high-drama relationships, jobs, and lifestyles, and how to heal from this cycle. You'll come to understand why traumatic events from the past may have triggered post-traumatic symptoms, including anxiety, weight gain, and addictions—and you'll learn natural and scientifically supported methods for restoring balance to your body and your life. Doreen show you

how to- Deal with relatives, friends, and co-workers who are 'hooked' on drama  
 Assess your own level of drama addiction  
 Stop allowing negativity in your life  
 Relieve stress and bring about inner peace  
 Go on an overall Drama Detox to clear away negativity, and let your light shine through!

**South of Forgiveness** Klett-Cotta  
 The authoritative presentation of Eye Movement Desensitization and Reprocessing (EMDR) therapy, this groundbreaking book—now revised and expanded—has been translated into 10 languages. Originally developed for treatment of posttraumatic stress disorder (PTSD), this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive

behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. Vivid vignettes, transcripts, and reproducible forms are included. Purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. New to This Edition \*Over 15 years of important advances in therapy and research, including findings from clinical and neurophysiological studies. \*New and revised protocols and procedures. \*Discusses additional applications, including the treatment of complex trauma, addictions, pain, depression, and moral injury, as well as post-disaster

response. \*Appendices with session transcripts, clinical aids, and tools for assessing treatment fidelity and outcomes. EMDR therapy is recognized as a best practice for the treatment of PTSD by the U.S. Departments of Veterans Affairs and Defense, the International Society for Traumatic Stress Studies, the World Health Organization, the U.K. National Institute for Health and Care Excellence (NICE), the Australian National Health and Medical Research Council, the Association of the Scientific Medical Societies in Germany, and other health care associations/institutes around the world.

*When Rabbit Howls* BoD - Books on Demand

This enchanting book has a simple

message, deep within every person lives a soul bird, a creature who has thoughts, feelings, and dreams. Sometimes we can tell the soul bird what to feel. Sometimes it decides all by itself. With delightful drawings and poetic text, this book teaches us to listen to our soul bird and find out more about our true selves.

When we hear the message of the soul bird, we understand why we behave the way we do. And once we understand our behavior, we can begin to live a happier, more fulfilling life. First published in Israel, *The Soul Bird* was an instant bestseller. Over the years its magic has spread around the globe, appealing to readers of all ages.

[Don't Let Anything Dull Your Sparkle](#)

Penguin

The international bestseller. An

enthraling exploration of the science of happiness. We all know what it feels like to be happy, but what mechanisms inside our brains trigger such a positive emotion? What does it really mean to be happy, and why can't we feel that way all of the time? Psychologists and neuroscientists have been studying negative emotions for decades, but until recently few have focused on the subject of happiness. Now, in *The Science of Happiness*, leading science journalist Stefan Klein ranges widely across the latest frontiers of neuroscience and psychology to explain how happiness is generated in our brains, what biological purpose it serves, and the conditions required to foster the 'pursuit of happiness'. A remarkable synthesis of a growing body of research that has not



been brought together before, *The Science of Happiness* is, ultimately, a book that helps us understand our own quest for happiness -- and is certain to help make you happier.

### **Evil** Chronicle Books

An expert in criminology and psychology uses science to understand evil in today's society. What is it about evil that we find so compelling? From our obsession with serial killers to violence in pop culture, we seem inescapably drawn to the stories of monstrous acts and the aberrant people who commit them. But evil, Dr. Julia Shaw argues, is largely subjective. What one may consider normal, like sex before marriage, eating meat, or working on Wall Street, others find abhorrent. And if evil is only in the eye of the beholder, can it be said to

exist at all? In *Evil*, Shaw uses an engrossing mix of science, popular culture, and real-life examples to break down timely and provocative issues. How similar is your brain to a psychopath's? How many people have murder fantasies? Can artificial intelligence be evil? Do your sexual proclivities make you a bad person? Who becomes a terrorist? If you could travel back in time, would you kill baby Hitler? In asking these questions, Shaw urges readers to discover empathy and to rethink and reshape what it means to be bad. *Evil* is a wide-ranging exploration into a fascinating, darkly compelling subject from wickedly smart and talented writer. Praise for *Evil* "A brilliant panorama that elucidates humanity's dark side. . . . This science-based

foundation for studying the minds of sadists, mass murderers, freaks and creeps, as well the new role of tech in promoting evil is presented in a totally engaging fashion.” —Philip Zimbardo, PhD; Professor Emeritus, Stanford University; author of *The Lucifer Effect* “This overview of various kinds of aberrant behavior grouped under the umbrella term evil is well backed up by the expertise of Shaw. . . . Shaw’s work will be particularly appropriate for college and high school libraries for its sober-minded, academically rigorous examination of an oft-sensationalized subject.” —Publishers Weekly “Capably written with a smooth mix of scientific insight and theoretical thought, the book will hopefully inspire empathy and understanding rather than hysteria and

condemnation. A consistently fascinating journey into the darker sides of the human condition that will push on the boundaries of readers’ comfort zones.”

—Kirkus Reviews

*Behutsame Trauma-Integration (TRIMB)*

BoD – Books on Demand

A colorful look at getting along! Matilda, the Queen of Colors, has a color for her every mood—she calls for Blue when she’s calm, Red when she’s wild, and Yellow when she wants to be warm. But when Matilda and Yellow begin to quarrel, not even Blue and Red can stop the argument. And before long everything in the kingdom turns Gray, until Matilda cries tears—bright colorful tears. Jutta Bauer’s simple yet evocative story and pictures convey a rainbow of emotions as *The Queen of Colors* plays

and jousts with her primary subjects—Blue, Red, and Yellow.

### **Einfach fragen in Licht und Schatten**

Psychology Press

Rosie is haunted by monster nightmares. Waking up in a pool of sweat, she is bound and determined to confront her fears. Her solution is so deft and clever, mixing a deep knowledge of childhood, exuberant energy, and... a kiss, that it will leave young readers cheering and, more important, armed with some of the tools to tackle their own night monsters. Philip Waechter, the creator of the wonderfully all-too-human hero bear in Me!, now shows an equally keen and sensitive appreciation of the dilemmas of childhood. In Rosie he has created a feisty and courageous little heroine, who can stand proudly next to William Steig's

Brave Irene and Kevin Henke's Lily. Psychiatry, Psychoanalysis, and the New Biology of Mind NorthSouth Books Als Eigensprache oder Idiolekt bezeichnet man die individuelle Wortwahl und Ausdrucksweise eines Menschen, seinen sprachlichen "Fingerabdruck". Wenn man in der traumatherapeutischen Begleitung achtsam zuhört und auf einfache und offene Art und Weise nach Schlüsselworten und Bildern fragt, werden Belastungen gewürdigt und Ressourcen aktiviert. Das innere Wissen der Klient:innen und ihre Kompetenzen entfalten sich und sie finden eigene Wege zu ihren Zielen. Die daraus erwachsende Sicherheit, die Selbstbestimmung und das Selbstbewusstsein sind positive

Kontrasterfahrungen zu der Bedrohung, der Ohnmacht und der Hilflosigkeit, die traumatisierte Menschen belasten. Die idiolektische Gesprächsführung bereichert und erleichtert die Traumatherapie und -beratung und wirkt für beide Seiten entlastend. Sie kann gemeinsam mit vielen weiteren Methoden angewandt werden.

Traumatherapie-Kompass Hyperion  
Trauma-Entlastung statt Trauma-Konfrontation: Das neue schonende Behandlungsverfahren TRIMB hilft vor allem komplex traumatisierten Menschen. Die Praxis zeigt, dass meist eine vollständige Rückbildung der Traumafolgestörungen möglich wird, ohne dass Traumadetails vollständig durchgearbeitet werden müssen. »Das Buch von Ellen Spangenberg erklärt

nicht nur genau den TRIMB-Ansatz, sondern es ist eine Fundgrube für alle, die in der Praxis täglich vor neue Fragen gestellt sind, wie man unter Berücksichtigung der Würde der Patientin und des Respekts vor ihren eigenen Lösungen schonend behandeln kann.« Prof. Dr. Luise Reddemann Nicht jede/r Trauma-PatientIn profitiert von den heute üblichen Behandlungsmethoden. So können komplex traumatisierte Menschen geradezu Schaden nehmen durch die gängige Praxis der vollständigen Trauma-Konfrontation. Für PatientInnen, die bisher durchs Raster fielen, wurde die schonende Trauma- Methode TRIMB (Trauma Recapitulation with Imagination, Motion and Breath) entwickelt: - Intensive schädigende

Gefühle werden mit Atmung, Bewegung und Imagination lösungsorientiert transformiert - ohne alle Traumadetails aufzurufen, - Trigger und Flashbacks werden entschärft, - Destruktive Bindungen werden gelöst. - Das erste Praxis-Handbuch zu TRIMB - TRIMB wird von der führenden Trauma-Expertin Prof. Dr. Luise Reddemann empfohlen - Eine erprobte Methode für komplex traumatisierte und daher oft schwer zu behandelnde Trauma-PatientInnen  
Dieses Buch richtet sich an: - PsychotherapeutInnen aller Schulen, die an Trauma-Weiterbildungen interessiert sind - TraumatherapeutInnen - ÄrztInnen  
*I Had a Black Dog* Vandenhoeck & Ruprecht  
Andy Gage was born in 1965 and murdered not long after by his

stepfather. . . . It was no ordinary murder. Though the torture and abuse that killed him were real, Andy Gage's death wasn't. Only his soul actually died, and when it died, it broke in pieces. Then the pieces became souls in their own right, coinheritors of Andy Gage's life. . . . While Andy deals with the outside world, more than a hundred other souls share an imaginary house inside Andy's head, struggling to maintain an orderly coexistence: Aaron, the father figure; Adam, the mischievous teenager; Jake, the frightened little boy; Aunt Sam, the artist; Seferis, the defender; and Gideon, who wants to get rid of Andy and the others and run things on his own. Andy's new coworker, Penny Driver, is also a multiple personality, a fact that Penny is only partially aware of. When several of

Penny's other souls ask Andy for help, Andy reluctantly agrees, setting in motion a chain of events that threatens to destroy the stability of the house. Now Andy and Penny must work together to uncover a terrible secret that Andy has been keeping . . . from himself.

The Science of Happiness Shambhala Publications

Brought together for the first time in a single volume, these eight important and fascinating essays by Nobel Prize-winning psychiatrist Eric Kandel provide a breakthrough perspective on how biology has influenced modern psychiatric thought. Complete with commentaries by experts in the field, *Psychiatry, Psychoanalysis, and the New Biology of Mind* reflects the author's evolving view of how biology has

revolutionized psychiatry and psychology and how potentially could alter modern psychoanalytic thought. The author's unique perspective on both psychoanalysis and biological research has led to breakthroughs in our thinking about neurobiology, psychiatry, and psychoanalysis -- all driven by the central idea that a fuller understanding of the biological processes of learning and memory can illuminate our understanding of behavior and its disorders. These wonderful essays cover the mechanisms of psychotherapy and medications, showing that both work at the same level of neural circuits and synapses, and the implications of neurobiological research for psychotherapy; the ability to detect functional changes in the brain after

psychotherapy, which enables us, for the first time, to objectively evaluate the effects of psychotherapy on individual patients; the need for animal models of mental disorders; for example, learned fear, to show how molecules and cellular mechanisms for learning and memory can be combined in various ways to produce a range of adaptive and maladaptive behaviors; the unification of behavioral psychology, cognitive psychology, neuroscience, and molecular biology into the new science of the mind, charted in two seminal reports on neurobiology and molecular biology given in 1983 and 2000; the critical role of synapses and synaptic strength in both short- and long-term learning; the biological and social implications of the mapping of the human genome for

medicine in general and for psychiatry and mental health in particular; The author concludes by calling for a revolution in psychiatry, one that can use the power of biology and cognitive psychology to treat the many mentally ill persons who do not benefit from drug therapy. Fascinating reading for psychiatrists, psychoanalysts, social workers, residents in psychiatry, and trainees in psychoanalysis, Psychiatry, Psychoanalysis, and the New Biology of Mind records with elegant precision the monumental changes taking place in psychiatric thinking. It is an invaluable reference work and a treasured resource for thinking about the future.

*Symbiosis and Autonomy* Simon and Schuster

Buried memories of sexual abuse can

have a devastating impact on a victim's relationships, work, and health. Using case histories, Renee Fredrickson stresses the importance of recovering these memories as a crucial step in healing, and she explains various therapeutic processes used in memory retrieval.

The Art of Clean Up Springer Science & Business Media

Publisher Fact Sheet An in-depth look at the little-known world of the victimization of boys.

*Exploring the Psychological Benefits of Hardship* Springer

A woman diagnosed with dissociative identity disorder reveals her harrowing journey from abuse to recovery in this #1 New York Times bestselling autobiography written by her own

multiple personalities. Successful, happily married Truddi Chase began therapy hoping to find the reasons behind her extreme anxiety, mood swings, and periodic blackouts. What emerged from her sessions was terrifying: Truddi's mind and body were inhabited by the Troops—ninety-two individual voices that emerged to shield her from her traumatizing childhood. For years the Troops created a world where she could hide from the pain of the ritualized sexual abuse she suffered at the hands of her own stepfather—abuse that began when she was only two years old. It was a past that Truddi didn't even know existed, until she and her therapist took a journey to where the nightmare began... Written by the Troops themselves, *When Rabbit Howls* is told



by the very alter-egos who stayed with Truddi Chase, watched over her, and protected her. What they reveal is a spellbinding descent into a personal hell—and an ultimate, triumphant deliverance for the woman they became.

Patentrezepte gibt es nicht - oder doch ?! Vandenhoeck & Ruprecht

Bernd Oberhoff decodiert Beethovens Oper Fidelio als ein "Drei-in-eins-Theaterstück". Es werden vom Autor drei Sinnebenen freigelegt, die jeweils eine andere Geschichte erzählen. Am Ende zeigt sich, dass alle drei Geschichten eine Ganzheit bilden, wenn man sie aus einer holographischen Perspektive betrachtet.

### **Ludwig van Beethoven - Fidelio**

Abrams

Die "Ressourcenorientierte narrative

Traumatherapie mit Kindern und Jugendlichen mit komplexen Traumafolgestörungen" (ResonaT) ist eine schonende Form der Traumaverarbeitung durch Tiergeschichten. Sie bezieht sich in ihrem Therapieverständnis auf das Wirkfaktorenmodell von Klaus Grawe und den neurobiologischen Selbstheilungsprozess der Gedächtnisrekonsolidierung. Regina Hiller und Thomas Hensel verbinden eine kompakte Darstellung existierender narrativer Ansätze sowie einer theoretischen Fundierung der ResonaT-Methode mit einer Sammlung von insgesamt 90 Beispielnarrativen für unterschiedliche Themen und Situationen. Diese Auswahl an vorformulierten Tiergeschichten

ermöglicht es dem Therapeuten, ohne großen zusätzlichen Schreibaufwand, mit dem Ansatz in der täglichen Praxis zu arbeiten.