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The Healing Power of Emotion

Affective Neuroscience, Development & Clinical Practice



Edited by
Diana Fosha | Daniel J. Siegel | Marion F. Solomon

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We are hardwired to connect with one another, and we connect through our emotions. Our brains, bodies, and minds are inseparable from the emotions that animate them.

Normal human development relies on the cultivation of relationships with others to form and nurture the self-regulatory circuits that enable emotion to enrich, rather than enslave, our lives. And just as emotionally traumatic events can tear apart the fabric of family and psyche, the emotions can become powerful catalysts for the transformations that are at the heart of the healing process.

In this book, the latest addition to the Norton Series on Interpersonal Neurobiology, leading neuroscientists, developmental psychologists, therapy researchers, and clinicians illuminate how to regulate emotion in a healthy way. A variety of emotions, both positive and negative, are examined in detail, drawing on both research and clinical observations. The role of emotion in bodily regulation, dyadic connection, marital communication, play, well-being, health, creativity, and social engagement is explored. **The Healing Power of Emotion** offers fresh, exciting, original, and groundbreaking work from the leading figures studying and working with emotion today.

Contributors include: Jaak Panksepp, Stephen W. Porges, Colwyn Trevarthen, Ed Tronick, Allan N. Schore, Daniel J. Siegel, Diana Fosha, Pat Ogden, Marion F. Solomon, Susan Johnson, and Dan Hughes.

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(Editor)

From Reader Review The Healing Power of Emotion: Affective Neuroscience, Development & Clinical Practice for online ebook

Daniel Coburn says

Great collection of essays on emotion, motivation, and the body in relationships, attachment, trauma, and healing from an impressive list of contributors.

culley says

Very dry, but citable. An excellent overview/introduction into the ideas of many prominent neuroscientists and attachment-based clinicians. I liked the Fosha, Ogden, Huges, Jackson, and Schore essays most.

Paul says

Really excellent anthology of writings on the application of cutting-edge research about the intersection of our emotional lives, self-regulation, affective neuroscience, psychodynamic psychotherapies, and attachment theory.

Simon says

The main title sounds like a self-help book, but the subtitle and contents reveal that it is not. The book is aimed mainly at therapists and students. The standard of the chapters is very high; though it is somewhat ironic that, true to the culture of scientific study, they have a left-brain slant and lack certain right-brain insights. Perhaps left-/right integration is difficult in scientific studies due to the entrenched left-brained culture? Nonetheless, it's still a great book on the neuroscience of emotion.

Jeanette Raymond says

Excellent set of chapters on the various levels of trauma that together offer a way of integrating mind-body-subjective experience.

Helps professionals understand the strata of trauma, giving them many ways to speak to and heal those suffering in ways that aren't always visible.

People suffering from trauma will also be able to understand their plight and have more compassion for themselves. Most of all they will be able to notice and recognize their somatic and emotional signs of past trauma effecting present behavior and experience.

Kim says

Heavy-duty neuropsych test about the integration of psychology, neurology, and our developing understanding of emotion as both structural and phenomenological. Really interesting ideas to apply to reading/motivation as well as attachment issues and the role of storytelling in integration emotional messages.
