

The Polyvagal Theory In Therapy Engaging The Rhyt

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<i>The Polyvagal Theory In Therapy Engaging The Rhyt</i>	2023-02-13
KEITH GRIMES	
<i>Polyvagal Theory in Therapy / Clinical Applications of the Polyvagal Theory Two- Book Set</i> W. W. Norton & Company	
How each of us can become a therapeutic presence in the world. Images and sounds of war, natural disasters, and human-made devastation explicitly surround us and implicitly leave their imprint in our muscles, our belly and heart, our nervous systems, and the brains in our skulls. We each experience more digital data than we are capable of processing in a day, and this is leading to a loss of empathy and human contact. This loss of leisurely, sustained, face-to-face connection is making true presence a rare experience for many of us, and is neurally ingraining fast pace and split attention as the norm. Yet despite all of this, the ability to offer the safe sanctuary of presence is central to effective clinical treatment of trauma and indeed to all of therapeutic practice. It is our challenge to remain present within our culture, Badenoch argues, no matter how difficult this might be. She makes the case that we are built to seek out, enter, and sustain warm relationships, all this connection will allow us to support the emergence of a humane world. In this book, Bonnie Badenoch, a gifted translator of neuroscientific concepts into human terms, offers readers brain- and body-based insights into how we can form deep relational encounters with our clients and our selves and how relational neuroscience can teach us about the astonishing ways we are interwoven with one another. How we walk about in our daily lives will touch everyone, often below the level of conscious awareness. The first part of The Heart of Trauma provides readers with an extended understanding of the ways in which our physical bodies are implicated in our conscious and non-conscious experience. Badenoch then delves even deeper into the clinical implications of moving through the world. She presents a strong, scientifically grounded case for doing the work of opening to hemispheric balance and relational deepening.	
The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation (Norton Series on Interpersonal Neurobiology) American Psychological Association (APA)	
Discover the innovative intersection of somatic therapy and Internal Family Systems (IFS), featuring 5 core practices to transform modern therapeutic approaches. Enhance your clinical practice and patient outcomes by skillfully uniting body and mind through an evidence-based therapeutic modality—endorsed by leaders in the field, including Richard Schwartz. Somatic Internal Family Systems Therapy introduces a cutting-edge therapeutic modality that merges the elements of somatic therapy, such as movement, touch, and breathwork, with the established principles of the Internal Family Systems (IFS) model. Authored by Susan McConnell, this multifaceted approach is crafted for therapists, clinicians, somatic practitioners, mental health professionals, and anyone interested in innovative healing techniques. A valuable contribution to mental health treatment, this guide offers a new horizon for those engaged in the well-being of others. This comprehensive, bestselling guide presents: 5 core practices: somatic awareness, conscious breathing, radical resonance, mindful movement, and attuned touch, designed for seamless integration into therapeutic work. Strategies to apply these practices in addressing a range of clinical conditions including depression, trauma, anxiety, eating disorders, chronic illness, and attachment disorders. Techniques to assist clients in identifying, understanding, and reconciling their 'inner worlds' or subpersonalities, leading to improved emotional health and behavior. A compelling combination of scientific insights, experiential practices, and real-world clinical stories that illuminate the theory and application of Somatic IFS. Highly regarded mental health professionals, such as IFS founder Richard Schwartz, have applauded this essential guide. By weaving together holistic healing wisdom, modern neuroscience, and somatic practices expertise, this book serves as a crucial resource for psychotherapists across various disciplines and laypersons seeking an embodied self.	
Voicework in Music Therapy W. W. Norton & Company	

A practical, integrated approach for therapists working with child and adult patients impacted by developmental trauma and attachment difficulties—featuring a foreword by Waking the Tiger author, Peter Levine. Kathy L. Kain and Stephen J. Terrell draw on fifty years of their combined clinical and teaching experience to provide this clear road map for understanding the complexities of early trauma and its related symptoms. Experts in the physiology of trauma, the authors present an introduction to their innovative somatic approach that has evolved to help thousands improve their lives. Synthesizing across disciplines—Attachment, Polyvagal, Neuroscience, Child Development Theory, Trauma, and Somatics—this book provides a new lens through which to understand safety and regulation. It includes the survey used in the groundbreaking ACE Study, which discovered a clear connection between early childhood trauma and chronic health problems. For therapists working with both adults, children, and anyone dealing with symptoms that typically arise from early childhood trauma—[anxiety](#), behavioral issues, depression, metabolic disorders, migraine, sleep problems, and more—this book offers hope for a happier, trauma-free life.

Polyvagal Exercises for Therapists and Clients National Geographic Books

Are you struggling with chronic illness, PTSD, and depression? Are you chronically fighting with illnesses like anxiety, inflammation, fibromyalgia, or chronic fatigue? If so, you've found the right book. Learning about the polyvagal theory is learning about the science of security, the science of feeling safe enough to fall in love with life, and take the risk of living. The polyvagal theory provides a physiological and psychological understanding of how and why patients move through a continuous cycle of mobilization, disconnection, and commitment. Through the lens of the polyvagal theory, we see the role of the autonomic nervous system as it shapes patient safety experiences and influences their ability to connect. The autonomic nervous system does not respond to the challenges of everyday life by telling us what we are or who we are, but by telling us how we are. This system manages the risk and creates connection patterns by changing our physiological state. These changes can be slight for many people, and, at times, when there are significant changes of state, their system is resilient enough to help them return to a regulated state. Trauma disrupts the process of building the autonomous circuit of secure connection and diverts the development of regulation and resilience. Patients with a traumatic history often experience more intense and extreme autonomic responses, which affects their ability to regulate and feel safe in relationships. This book helps everybody to incorporate polyvagal theory into daily life. It provides a comprehensive approach to the intervention by presenting ways to map the autonomous response and configure the autonomic nervous system for safety. With this book, the polyvagal theory is at your disposal, and empirical records and exercises either. In this book, you will find: The Benefits of Vagus Nerve How to Stimulate the Vagus Nerve to Relieve Stress How to Improve the functioning of your body How to Daily Activate Your Vagus Nerve Several Vagus Exercises Anxiety Exercises to relieve the pain The book puts a lot of emphasis on friendship with the nervous system, presents the science of connection, and provides an essential fluency in the language of polyvagal theory. These chapters set out the crucial elements of the method, build a solid knowledge base, and set the stage for working with the clinical applications presented in the rest of the book. With this book, you will learn how to stimulate your Vagus Nerve with practical self-help exercises. You will overcome Anxiety, Chronic Illness, Depression, PTSD, Inflammation, and more with remedies that are already present in your body. ↗ Scroll up and click on "Buy Now"!

The Polyvagal Theory W. W. Norton & Company

A practical guide to working with the principles of polyvagal theory beyond the therapy session. Deb Dana is the foremost translator of polyvagal theory into clinical practice. Here, in her third book on this groundbreaking theory, she provides therapists with a grab bag of polyvagal-informed exercises for their clients, to use both within and between sessions. These exercises offer readily understandable explanations of the ways the autonomic nervous system directs daily living. They use the principles of polyvagal theory to guide clients to safely connect to their autonomic responses and navigate daily experiences in new ways. The exercises are designed to be

introduced over time in a variety of clinical sessions with accompanying exercises appropriate for use by clients between sessions to enhance the therapeutic change process. Essential reading for any therapist who wants to take their polyvagal knowledge to the next level and is looking for easy ways to deliver polyvagal solutions with their clients.

Accessing the Healing Power of the Vagus Nerve Penn State Press

Innovative clinicians share their experiences integrating Polyvagal Theory into their treatment models. Clinicians who have dedicated their work to bringing the benefits of the Polyvagal Theory to a range of clients have come together to present Polyvagal Theory in a creative and personal way. Chapters on a range of topics from compassionate medical care to optimized therapeutic relationships to clinician's experiences as parents extract from the theory the powerful influence and importance of cases and feelings of safety in the clinical setting. Additionally, there are chapters which: elaborate on the principle of safety in clinical practice with children with abuse histories explain the restorative consequences of movement, rhythm, and dance in promoting social connectedness and resilience in trauma survivors explains how Polyvagal Theory can be used to understand the neurophysiological processes in various therapies discuss dissociative processes and treatments designed to experience bodily feelings of safety and trust examine fear of flying and how using positive memories as an active "bottom up" neuroceptive process may effectively down-regulate defense shed light on the poorly understood experience of grief Through the insights of innovative and benevolent clinicians, whose treatment models are Polyvagal informed, this book provides an accessible way for clinicians to embrace this groundbreaking theory in their own work.

Vagus Nerve and Polyvagal Theory Exposed W. W. Norton & Company

Offers play therapists practical ways of handling a pervasive issue with intense and aggressive play by their clients. With an understanding of aggressive play based on brain function and neuroscience, this book provides therapists with a framework to work authentically with aggressive play, while making it an integrative and therapeutic experience for the child. Through the lens of neuroscience and interpersonal neurobiology, therapists are taught how to integrate the intensity experienced by both the child and the therapist during aggressive play in a way that leads towards greater healing and integration. The book explains the neurological processes that lead kids to dysregulation and provides therapists with tools to help their clients facilitate deep emotional healing, without causing their own nervous system to shut down. Topics covered include: embracing aggression; understanding the nervous system; understanding regulation; developing yourself as an external regulator; authentic expression; setting boundaries; working with emotional flooding; supporting parents during aggressive play.

The Adult Chair Dog Ear Publishing

The polyvagal theory presented in client-friendly language. This book offers therapists an integrated approach to adding a polyvagal foundation to their work with clients. With clear explanations of the organizing principles of Polyvagal Theory, this complex theory is translated into clinician and client-friendly language. Using a unique autonomic mapping process along with worksheets designed to effectively track autonomic response patterns, this book presents practical ways to work with clients' experiences of connection. Through exercises that have been specifically created to engage the regulating capacities of the ventral vagal system, therapists are given tools to help clients reshape their autonomic nervous systems. Adding a polyvagal perspective to clinical practice draws the autonomic nervous system directly into the work of therapy, helping clients re-pattern their nervous systems, build capacities for regulation, and create autonomic pathways of safety and connection. With chapters that build confidence in understanding Polyvagal Theory, chapters that introduce worksheets for mapping, tracking, and practices for re-patterning, as well as a series of autonomic meditations, this book offers therapists a guide to practicing polyvagal-informed therapy. The Polyvagal Theory in Therapy is essential reading for therapists who work with trauma and those who seek an easy and accessible way of

understanding the significance that Polyvagal Theory has to clinical work.

Polyvagal Practices Jessica Kingsley Publishers

Medical researchers have known for decades that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain and harmful acting out behaviors. Drawing on nature's lessons, Dr. Levine teaches you each of the essential principles of his four-phase process: you will learn how and where you are storing unresolved distress; how to become more aware of your body's physiological responses to danger; and specific methods to free yourself from trauma.

The Pocket Guide to the Polyvagal Theory W. W. Norton

Delivers a proven treatment model for clinicians in all orientations This unique, hands-on clinical guide examines the significant relationship between trauma, dissociation, and eating disorders and delivers a trauma-informed phase model that facilitates effective treatment of individuals with all forms of eating disorders. It describes, step-by-step, a four-phase treatment model encompassing team coordination, case formulation, and a trauma-informed, dissociation- and attachment-sensitive approach to treating eating disorders. Edited by noted specialists in eating and other behavioral health disorders, *Trauma-Informed Approaches to Eating Disorders* examines eating disorders from neurological, medical, nutritional, and psychological perspectives. Dedicated chapters address each treatment phase from a variety of orientations, ranging from EMDR and CBT to body-centered and creative therapies. The book also reveals the effectiveness of a multifaceted, phase model approach. Recognizing the potential pitfalls and traps of treatment and recovery, it also includes abundant psychoeducational tools for the client. **KEY FEATURES:** Examines eating disorders from neurological, medical, nutritional, and psychological perspectives Highlights the relationship between trauma, dissociation, and eating disorders Maps out a proven, trauma-informed, four-phase model for approaching trauma treatment in general and eating disorders specifically Elucidates the approach from the perspectives of EMDR therapy, ego state therapy, somatosensory therapy, trauma-focused CBT, and many others Provides abundant psychoeducational tools for the client to deal with triggers and setbacks Offers the knowledge and expertise of over 20 international researchers, medical professionals, and clinicians *Polyvagal Flip Chart: Understanding the Science of Safety (Norton Series on Interpersonal Neurobiology)* W. W. Norton & Company

This practical guide to understanding the cranial nerves as the key to our psychological and physical well-being builds on Stephen Porges's Polyvagal Theory—one of the most important recent developments in human neurobiology. Drawing on more than thirty years of experience as a craniosacral therapist and Rolfer, Stanley Rosenberg explores the crucial role that the vagus nerve plays in determining our psychological and emotional states and explains that a myriad of common psychological and physical symptoms—from anxiety and depression to migraines and back pain—indicates a lack of proper functioning in the vagus nerve. Through a series of easy self-help exercises, the book illustrates the simple ways we can regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injury and trauma. Additionally, by exploring the link between a well-regulated vagus nerve and social functioning, Rosenberg's findings and methods offer new hope that by improving social behavior it is possible to alleviate some of the symptoms at the core of many cases of autism spectrum disorders. Useful for psychotherapists, doctors, bodyworkers, and caregivers, as well as anyone who experiences the symptoms of chronic stress and depression, this book shows how we can optimize autonomic functioning in ourselves and others, and bring the body into the state of safety that activates its innate capacity to heal.

Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices (Norton Series on Interpersonal Neurobiology) W. W. Norton & Company

Outlining a new, optimistic way to understand autism, this concise and accessible book offers practical ideas to help children on the spectrum grow. The Polyvagal Theory suggests autism is a learnt response by the body - a result of the child being in a prolonged state of 'fight or flight' while their nervous system is still developing. This book explains the theory in simple terms and incorporates recent developments in brain plasticity research (the capacity of the brain to change throughout life) to give parents and professionals the tools to strengthen the child's brain-body connection and lessen the social and emotional impact of autism.

Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies (Norton Series on Interpersonal Neurobiology) National Geographic Books

Bringing the benefits of polyvagal theory to readers through easy-to-implement exercises. Here,

for the first time, is a layperson's explanation of polyvagal theory, an approach to mental health and well-being that has taken the clinical world by storm. A polyvagal approach to life is based on the knowledge that the autonomic nervous system is shaped by early experience and reshaped with ongoing experience. This short book will offer an overview for nonspecialist readers and provide a series of exercises and meditations (practices) that will allow readers to tune into their nervous systems, providing calming prompts to build and strengthen ventral vagal connections. This book includes a never-before-published comprehensive chapter on polyvagal theory, preceded by exercises that focus on mapping, reflecting, listening, deepening, creating, and connecting. Readers who want to change a pattern and find new rhythm for their nervous systems can use this material to work toward those goals.

A Therapist's Guide to EMDR: Tools and Techniques for Successful Treatment Sounds True

Bridging the gap between research, science, and the therapy room. When *The Polyvagal Theory* was published in 2011, it took the therapeutic world by storm, bringing Stephen Porges's insights about the autonomic nervous system to a clinical audience interested in understanding trauma, anxiety, depression and other mental health issues. The book made accessible to clinicians and other professionals a polyvagal perspective that provided new concepts and insights for understanding human behavior. The perspective placed an emphasis on the important link between psychological experiences and physical manifestations in the body. That book was brilliant but also quite challenging to read for some. Since publication of that book, Stephen Porges has been urged to make these ideas more accessible and *The Pocket Guide to the Polyvagal Theory* is the result. Constructs and concepts embedded in polyvagal theory are explained conversationally in *The Pocket Guide* and there is an introductory chapter which discusses the science and the scientific culture in which polyvagal theory was originally developed. Publication of this work enables Stephen Porges to expand the meaning and clinical relevance of this groundbreaking theory.

Somatic Internal Family Systems Therapy National Geographic Books

Therapists who work with children and adolescents are frequently faced with nonresponsive, reticent, or completely nonverbal clients. This volume brings together expert clinicians who explore why 4- to 16-year-olds may have difficulty talking and provide creative ways to facilitate communication. A variety of play, art, movement, and animal-assisted therapies, as well as trauma-focused therapy with adolescents, are illustrated with vivid clinical material. Contributors give particular attention to the neurobiological effects of trauma, how they manifest in the body when children "clam up," and how to help children self-regulate and feel safe. Most chapters conclude with succinct lists of recommended practices for engaging hard-to-reach children that therapists can immediately try out in their own work.

Treating Trauma and Addiction with the Felt Sense Polyvagal Model National Geographic Books

Very few people are aware of the importance of the vagus nerve... Did you know it is directly responsible for your physical, but also psychological well-being? As the longest nerve in the body - beginning in the brainstem - it connects to almost all organs. From proper gut work to managing stress, the vagus nerve plays an indispensable role in human overall health. Many studies have found that the vagus nerve works in favor of the parasympathetic system. As such, it is the calming aspect of our nervous system. Just by optimizing the work of your vagus nerve, you can significantly improve your well-being. If you're willing to invest in your health, you should be intrigued to know more about this nerve... ..and how it is related to the polyvagal theory. You're probably asking yourself: What is the vagus nerve? What is the polyvagal theory? What makes it crucial to your health? How it affects your mental health? How can you improve its function? This book offers answers. Aside from explaining the scientific background of the vagus nerve, the author also makes sure to lay it all out plain and simple so everyone can grasp the idea. Moreover, you'll get introduced to the third type of nervous system, as suggested by the polyvagal theory. Even if this is the first time you're hearing about it, it has majorly affected your social engagement. Upon purchasing this book, you will: Discover the functions of the vagus nerve: the vasovagal reflex, how the nerve affects your heart, its role in the autonomic nervous system, etc; Get the picture of the Polyvagal theory: our three-part nervous system, trauma's effect on the nervous system response, specific aspects of the system, etc; Learn how to heal PTSD with the Polyvagal theory: accept adaptation as a survival technique, attentional response bias, etc; Understand vagus nerve dysfunctions: recognize the early symptoms of vagus nerve damage and disorders and battle them; Realize what gastroparesis is: the connection between the vagus nerve and the digestive system, how the nerve supports digestion; And much more! Almost all your bodily

functions are affected by the vagus nerve. If you decide to take care of it, you'll notice improvements in your sleep, social engagements, and you'll easily overcome stress. The best part is - this book explains how to activate and treat your vagus nerve without medication! If you are interested in getting to know more on the Vagus Nerve and on the Polyvagal Theory, and Get Your Copy Now!

Reframe Your Thinking Around Autism Routledge

A guide to help EMDR practitioners to integrate somatic therapy into their sessions. Clients who have experienced traumatic events and seek EMDR therapists rely on them as guides through their most vulnerable moments. Trauma leaves an imprint on the body, and if clinicians don't know how to stay embodied in the midst of these powerful relational moments, they risk shutting down with their clients or becoming overwhelmed by the process. If the body is not integrated into EMDR therapy, full and effective trauma treatment is unlikely. This book offers an integrative model of treatment that teaches therapists how to increase the client's capacity to sense and feel the body, helps the client work through traumatic memories in a safe and regulated manner, and facilitates lasting integration. Part I (foundational concepts) offers a broad discussion of theory and science related to trauma treatment. Readers will be introduced to essential components of EMDR therapy and somatic psychology. The discussion then deepens into the science of embodiment through the lens of research on emotion, memory, attachment, interpersonal neurobiology, and the impact of trauma on overall health. This part of the book emphasizes the principles of successful trauma treatment as phase-oriented, mindfulness-based, noninterpretive, experiential, relational, regulation focused, and resilience-informed. Part II (interventions) presents advanced scripted protocols that can be integrated into the eight phases of EMDR therapy. These interventions provide support for therapists and clients who want to build somatic awareness through experiential explorations that incorporate mindfulness of sensations, movement impulses, breath, and boundaries. Other topics discussed include a focus on complex PTSD and attachment trauma, which addresses topics such as working with preverbal memories, identifying ego states, and regulating dissociation; chronic pain or illness; and culturally-based traumatic events. Also included is a focused model of embodied self-care to prevent compassion fatigue and burnout.

Anchored W. W. Norton & Company

Have you been facing feelings of anxiety for a long time now? Have you been fighting depressing feelings, and wondering if everything is or will be alright with you in the end? *** New version *** Release date: 04-30-20. The book was revised, modified and improved. Statistics have shown that some of the highest causes of death in the world are anxiety, depression and feelings of boredom and loneliness. Our world has become one of survival of the fittest. People wake up in the morning with countless activities lined up for the day that often consume the time meant for resting and self-reflection. We go to our jobs and work hard until late in the evening and sometimes head to other events before going home for the night. When it comes to managing issues such as anxiety and stress, there are a number of things that come to mind. However, the Polyvagal Theory which was expounded by Stephen Porges and Stanley Rosenberg would turn out to be one of the best guides out there. This book will thus focus on these theories and provide many keys and tools from which to choose. Some of these will include: ● Learning the various parts of the autonomic nervous system and how they influence certain reactions ● Understanding the various reactions humans are prone to when faced with various challenging circumstances ● Learning how the polyvagal theory can be applied in your life ● Understanding how the polyvagal theory affects the management of autism and stress in general. Depression, like most mental disorders, is a malfunction of the autonomic nervous system. People suffering from depression have a sustained level of stress that keeps them unsettled and agitated. They feel a lack of motivation and drive, and their sleep is unrefreshing no matter how long it is. Normally, the vagus system uses the vagal brake to reduce the heart rate and stabilize the breathing patterns, but traumatic experiences impair the brake and leave the person in a state of imbalance. What can a person experiencing depression or trauma do in such a situation? Autism is a disorder that affects a person's communication, interests, and social interactions. The polyvagal theory shows us that autistic individuals are unable to communicate, interact with people or analyze social data normally. As a result, their bodies often read fight-flight-freeze responses and shut down. During childhood, their body remains in immobilization mode. The consequence is that they become agitated, have difficulties digesting food, and their interactions with the outside community is distorted. Their social engagement system has not been fully integrated. This condition may occur as a result of emotional trauma, fear at birth, or their vagus nerve was silence or damaged, leading to their

nervous system not fully developing. So how does the polyvagal theory and Stanley Rosenberg's theory apply to them? Luckily, there are a lot of quick-and-easy ways to activate and exercise the nerve, strengthening its function and restoring your body to good health. Packed with easy-to-follow exercises and activities, this book will show you how to unlock the power of the vagus nerve to heal your body and get back to a state of balance. At the end of this book, we believe that you will have complete knowledge of the polyvagal theory and will be able to apply it to your life efficiently and effectively.

[The Heart of Trauma: Healing the Embodied Brain in the Context of Relationships \(Norton Series on Interpersonal Neurobiology\)](#) Guilford Publications

An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do. Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even

falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through a Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

Trauma Through a Child's Eyes North Atlantic Books

The rich, complex theory of affect regulation boiled down into a clinically useful guide. Affect regulation theory—the science of how humans regulate their emotions—is at the root of all psychotherapies. Drawing on attachment, developmental trauma, implicit processes, and neurobiology, major theorists from Allan Schore to Daniel Stern have argued how and why regulated affect is key to our optimal functioning. This book translates the intricacies of the theory into a cogent clinical synthesis. With clarity and practicality, Hill decodes the massive body of contemporary research on affect regulation, offering a comprehensible and ready-to-implement model for conducting affect regulation therapy. The book is organized around the four domains of

a clinical model: (1) a theory of bodymind; (2) a theory of optimal development of affect regulation in secure attachment relationships; (3) a theory of pathogenesis, in which disordered affect regulation originates in relational trauma and insecure attachment relationships; and (4) a theory of therapeutic actions targeted to repair the affect regulating systems. The key themes of Hill's affect-focused approach include: how and why different patterns of affect regulation develop; how regulatory patterns are transmitted from caretakers to the infants; what adaptive and maladaptive regulatory patterns look like neurobiologically, psychologically, and relationally; how deficits in affect regulation manifest as psychiatric symptoms and personality disorders; and ultimately, the means by which regulatory deficits can be repaired. Specific chapters explore such subjects as self states, mentalization, classical and modern attachment theory, relational trauma (and its manifestations in chronic dissociation, personality disorders, and pervasive dissociated shame), supporting self-development in therapy, patient-therapist attunement, implicit and explicit therapeutic actions, and many more.