

carrefour  des psychothérapies

Le trauma et le corps

Une approche sensorimotrice
de la psychothérapie

Pat OGDEN, Kekuni MINTON et Clare PAIN

Traduction de Julien BONNEL
Préfaces de Daniel J. SIEGEL, M.D.
et Bessel VAN DER KOLK, M.D.



de boeck
supérieur

Trauma Corps Approche Sensorimotrice Psychoth Rapie

Kekuni Minton, Pat Ogden, Clare Pain



Trauma Corps Approche Sensorimotrice Psychothérapie Rapée:

Le trauma et le corps Daniel Siegel, Julien Bonnel, Kekuni Minton, Bernard Mayer, Bessel van der Kolk, Pat Ogden, Françoise Pasqualin, Clare Pain, 2021-03-31 L'approche sensorimotrice développée par Pat Ogden fait aujourd'hui référence dans le traitement des psychotraumatismes. Ce livre présente aux professionnels un traitement en trois phases intégrant les techniques traditionnelles de la thérapie narrative l'approche sensorimotrice. Le corps pour une foule de raisons a été mis de côté dans les thérapies basées sur la parole. L'approche sensorimotrice se concentre sur le corps et ce qu'il nous dit. Nous connaissons bien les implications profondes de l'expérience traumatique sur les réactions sensorimotrices : les images intrusives, les odeurs, les sensations corporelles, les tensions, les douleurs physiques et engourdissements, ainsi que la nécessité d'une approche holistique centrée sur le corps. Toutefois, les prises en charge thérapeutiques conventionnelles excluent encore souvent la dimension corporelle portées par la conviction que le changement ne se opère qu'à travers l'expression narrative. Pour la première fois dans la littérature, ce livre adopte une approche holistique proposant un modèle de prise en charge à la fois complet et cohérent. Intégrant les théories et techniques traditionnelles de la thérapie narrative, la psychothérapie corporelle, Pat Ogden et ses co-auteurs présentent une avancée spectaculaire dans le traitement du trauma et expliquent comment utiliser concrètement les mouvements et les sensations de son corps pour aider guérir les blessures du trauma. Pratique. Le trauma et le corps propose un traitement en trois phases : développer les ressources somatiques de stabilisation, traiter les mémoires traumatiques, maîtriser l'intégration somatique. Il dispense nombre de stratégies permettant d'aider les patients prendre conscience de leur ressenti corporel, pister leurs sensations et graduellement mettre en place des actions physiques fortifiantes.

Le corps et le trauma Daniel Siegel, Julien Bonnel, Kekuni Minton, Bessel van der Kolk, Pat Ogden, Clare Pain, 2016-12-30 Le corps pour une foule de raisons a été mis de côté dans les thérapies basées sur la parole. Tout psychothérapeute qu'il soit d'orientation psychodynamique, psychanalytique ou cognitivo-comportementaliste s'est entraîné à écouter le langage verbal et non verbal des patients. Il cherche pour ne pas dire traque les associations libres, les fantasmes, les signes de conflits psychiques, la détresse intérieure ou les processus de défense conscients ou non des patients. Cependant, bien que la majorité des thérapeutes soient entraînés à détecter l'apparition de tout mouvement du corps de leur patient, les expériences corporelles du patient, la manière dont il vit son corps demeurent totalement périphériques dans les interventions thérapeutiques classiques. Le trauma et le corps constitue une revue détaillée des recherches liées aux neurosciences au trauma, à la dissociation et aux théories de l'attachement qui prennent une approche intégrée de la relation corps-esprit dans le traitement du trauma et de ses conséquences. L'intérêt et l'originalité de cet ouvrage c'est qu'en ajoutant aux thérapies traditionnelles des interventions orientées vers le corps, le thérapeute augmente la profondeur et l'efficacité de son travail clinique. La thérapie sensorimotrice se base sur la compréhension des thérapies traditionnelles mais en incluant le corps comme élément central dans le champ thérapeutique de la conscience, utilisant les capacités d'observation, les théories et les

modes d'intervention peu usuel dans les thérapies d'orientation psychodynamiques En synthétisant l'ensemble de leurs interventions les auteurs combinent le meilleur des deux mondes pour aider des patients traumatisés chroniques trouver des solutions et du sens leur vie et surtout développer une nouvelle vision d'eux-mêmes **Le trauma et le corps** Clare Pain, Pat Ogden, Kekuni Minton, 2021-03-16 **Trauma and the Body** Kekuni Minton, Pat Ogden, Clare Pain, 2006-10-17 The body for a host of reasons has been left out of the talking cure Psychotherapists who have been trained in models of psychodynamic psychoanalytic or cognitive therapeutic approaches are skilled at listening to the language and affect of the client They track the clients associations fantasies and signs of psychic conflict distress and defenses Yet while the majority of therapists are trained to notice the appearance and even the movements of the client's body thoughtful engagement with the client's embodied experience has remained peripheral to traditional therapeutic interventions Trauma and the Body is a detailed review of research in neuroscience trauma dissociation and attachment theory that points to the need for an integrative mind-body approach to trauma The premise of this book is that by adding body-oriented interventions to their repertoire traditionally trained therapists can increase the depth and efficacy of their clinical work Sensorimotor psychotherapy is an approach that builds on traditional psychotherapeutic understanding but includes the body as central in the therapeutic field of awareness using observational skills theories and interventions not usually practiced in psychodynamic psychotherapy By synthesizing bottom-up and top-down interventions the authors combine the best of both worlds to help chronically traumatized clients find resolution and meaning in their lives and develop a new somatically integrated sense of self Topics addressed include Cognitive emotional and sensorimotor dimensions of information processing modulating arousal dyadic regulation and the body the orienting response defensive subsystems adaptation and action systems treatment principles skills for working with the body in present time developing somatic resources for stabilization processing

Sensorimotor-Focused EMDR Arthur G. O'Malley, 2018-12-11 Sensorimotor Focused EMDR combines two hugely influential and effective therapies EMDR therapy and sensorimotor psychotherapy to provide a new approach In doing so the book supports the widely held view of psychotherapists that in trauma the primary store of neurological information is somatic rather than cognitive Many therapists trained in EMDR find that additional resources are needed for patients who present with symptoms of complex trauma and dissociation This is because EMDR is primarily a top-down approach based on CBT with the addition of bilateral stimulation BLS in visual tactile and auditory modalities By contrast Sensorimotor Focused EMDR takes a body-based and bottom-up approach that seeks to resolve trauma by reprocessing information at multiple levels in the gut brain the heart brain and the head brain as well as in the endocrine immune and nervous systems Fully revised since *The Art of BART* 2015 the book looks at the latest advances in neuroscience including research into the effectiveness of psychotherapy and the mysteries of consciousness and the development of mind It also looks at the role of newly discovered organs the mesentery and the interstitium and provides clear anatomical evidence for the communication

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