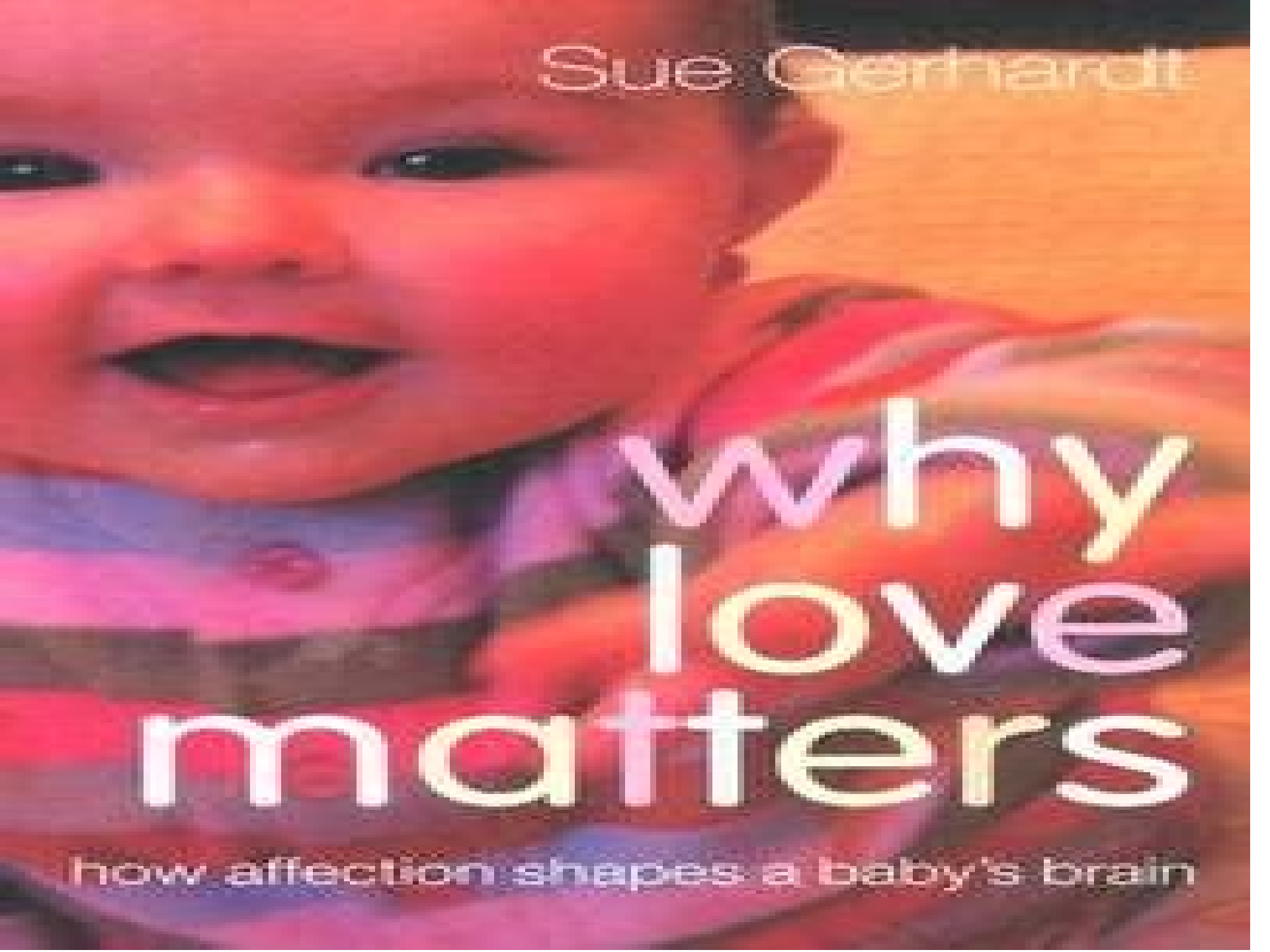




Sue Gerhardt

why love matters

how affection shapes a baby's brain

Why Love Matters How Affection Shapes A Babys Brain

Maja Reinau



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Why Love Matters Sue Gerhardt, 2004-06-24 *Why Love Matters* explains why love is essential to brain development in the early years of life particularly to the development of our social and emotional brain systems and presents the startling discoveries that provide the answers to how our emotional lives work Sue Gerhardt considers how the earliest relationship shapes the baby's nervous system with lasting consequences and how our adult life is influenced by infancy despite our inability to remember babyhood She shows how the development of the brain can affect future emotional well being and goes on to look at specific early pathways that can affect the way we respond to stress and lead to conditions such as anorexia addiction and anti social behaviour *Why Love Matters* is a lively and very accessible interpretation of the latest findings in neuroscience psychology psychoanalysis and biochemistry It will be invaluable to psychotherapists and psychoanalysts mental health professionals parents and all those concerned with the central importance of brain development in relation to many later adult difficulties

Why Love Matters Sue Gerhardt, 2014-10-24 *Why Love Matters* explains why loving relationships are essential to brain development in the early years and how these early interactions can have lasting consequences for future emotional and physical health This second edition follows on from the success of the first updating the scientific research covering recent findings in genetics and the mind body connection and including a new chapter highlighting our growing understanding of the part also played by pregnancy in shaping a baby's future emotional and physical well being The author focuses in particular on the wide ranging effects of early stress on a baby or toddler's developing nervous system When things go wrong with relationships in early life the dependent child has to adapt what we now know is that his or her brain adapts too The brain's emotion and immune systems are particularly affected by early stress and can become less effective This makes the child more vulnerable to a range of later difficulties such as depression anti social behaviour addictions or anorexia as well as physical illness

A Joosr Guide to ... Why Love Matters by Sue Gerhardt Bokish Ltd, 2015 In today's fast paced world it's tough to find the time to read But with Joosr guides you can get the key insights from bestselling non fiction titles in less than 20 minutes Whether you want to gain knowledge on the go or find the books you'll love Joosr's brief and accessible eBook summaries fit into your life Find out more at joosr.com The love of a parent is more important to a young child's development than you think Discover why a child's earliest exposure to emotions can lead to physical problems emotional issues and even criminal tendencies It's a commonly held belief

The Compassionate Mind Paul Gilbert, 2010 Leading depression authority Paul Gilbert presents *The Compassionate Mind* a breakthrough book integrating evolutionary psychology new insights from neuroscience and mindfulness practice This combination of techniques forms a new therapy called compassion focused therapy that can enhance readers lives

Love Matters For Psychic Transformation Maja Reinau, 2016-02-16 *Love Matters for Psychic Transformation* is woven by a profound respect and love for the soul and the transformative powers of the Body Psyche It is an exploration of the embodied

psychic transformation in the specific context of the BodySoul Rhythms work BSR developed by Ann Skinner Mary Hamilton and Marion Woodman In describing the BSR work interviewing six women about their experiences and linking the BSR approach with the new neuroscience developmental psychology change in therapy attachment theory and relational trauma Dr Reinau brings to light all that the BSR approach has to offer It is with relief and pleasure that I write this endorsement Relief comes because someone with clarity accuracy and care has outlined the consonants of the work of BSR Pleasure because the vowels of the work have been explored in an authentic voice from an open heart with a keen intelligence and from several well studied points of view Once again Maja Reinau has put on her diving costume gone down and this time surfaced with the pearl Love Matters in Psychic Transformation Thank you Maja Ann Skinner co creator of Body Soul Rhythms Love Matters For Psychic Transformation is a gift to the many women who have benefited from the BSR work Dr Reinau is able to delve deeply into the methodology of BodySoul work without destroying the mystery It is a treasure of information for those who seek this way of transformation in their lives The interviews deepen the mystery as well as the understanding of the work Dr Reinau s ability to link BodySoul experience to early developmental theories and to neuroscience provides the path to her conclusion that it is all about love A conclusion with which I am sure Marion Woodman would agree Everyone who seriously considers understanding BodySoul work should read Love Matters for Psychic Transformation Patricia C Patrick M A M D Child Adolescent and Adults Psychiatrist The Marion Woodman BodySoul Rhythms Leadership Training Board Member Marion Woodman Foundation Teaching Member Sand Play Therapist Association

Why Postnatal Recovery Matters Sophie Messenger,2020-07-30 During pregnancy the focus of antenatal preparation is the birth itself and the importance of the postnatal period is often overlooked Yet postnatal recovery or a lack of it can have consequences for the long term health and wellbeing of both mother and baby In Why Postnatal Recovery Matters Sophie Messenger draws on her experience as a scientist and doula to show that thinking ahead to after the birth can get new families off to the best possible start

Wellbeing from Birth Rosemary Roberts,2010-01-21 What do we mean by wellbeing and what does it look like as it takes shape in early childhood What can we do to support the wellbeing of children at home and in settings This book provides some answers to these complex questions in a straightforward accessible way

PART 1 INTRODUCING WELLBEING describes the backdrop for a new model of wellbeing outlining research and policy background and underpinning early childhood themes PART 2 THE THEORY OF WELLBEING defines wellbeing itself describing the new model and the mechanism of wellbeing development called companionable learning PART 3 EVERYDAY WELLBEING contains ideas and examples from homes and settings of real life wellbeing Chapter 6 All to play for is rich with ideas and examples of profoundly satisfying wellbeing play PART 4 INVESTING IN WELLBEING is about professional development It covers observation assessment and planning the key person approach when things go wrong and integrating services across settings and communities The book ends with the importance of collective wellbeing arguing that all young

children need experiences of individual and collective wellbeing in their families and their communities Essential reading for anyone studying early childhood and for managers and practitioners working with young children and their families this book is an inspirational guide to developing a framework for wellbeing from birth **The Emotionally Absent Mother** Jasmin Lee Cori, 2010-09-14 Was your mother too busy too tired or too checked out to provide you with the nurturing you needed as a child Men and women who were undermothered as children often struggle with intimate relationships in part because of their unmet need for maternal care The Emotionally Absent Mother will help you understand what was missing from your childhood how this relates to your mother's own history and how you can fill the mother gap by Examining the past with compassion for yourself and your mother Finding the child inside of you and learning to mother yourself Opening to the archetype of the Good Mother Allowing friends and loved ones to provide support guidance and other elements of good mothering that you missed Through reflections exercises and clear explanations psychotherapist Jasmin Lee Cori helps adult sons and daughters heal the wounds left by mothers who failed to provide the essential ingredients that every child needs She traces perceived personal defects back to mothering deficits relieving self blame And by teaching today's undermothered adults to cultivate the mothering they missed she helps them secure a happier future for themselves and their children

The Virtue Ethics of Hume and Nietzsche Christine Swanton, 2015-02-26 This ground breaking and lucid contribution to the vibrant field of virtue ethics focuses on the influential work of Hume and Nietzsche providing fresh perspectives on their philosophies and a compelling account of their impact on the development of virtue ethics A ground breaking text that moves the field of virtue ethics beyond ancient moral theorists and examines the highly influential ethical work of Hume and Nietzsche from a virtue ethics perspective Contributes both to virtue ethics and a refreshed understanding of Hume's and Nietzsche's ethics Skilfully bridges the gap between continental and analytical philosophy Lucidly written and clearly organized allowing students to focus on either Hume or Nietzsche Written by one of the most important figures contributing to virtue ethics today No Child Left Different Sharna Olfman, 2006-01-30 A stellar group of authors from across disciplines explains the alarming increase in the use of psychotropic medications questions the causes and presents disturbing thoughts regarding this phenomenon and the risks it creates for children They take an in depth look at the conditions that have led to drugging our children and stress how emotional social cultural and physical environments can both damage and heal young minds And they challenge the model that maintains that psychological disturbance is genetic and thus requires medication This is riveting reading for all who care about the youngest members of society Over the past 15 years there has been a 300 percent increase in the use of psychotropic medications with girls and boys under the age of 20 and prescriptions for preschoolers have skyrocketed A stellar group of authors from across disciplines explains this increase questions the causes and presents disturbing thoughts regarding this phenomenon as they describe the risks it creates for children While there are certainly extreme cases where drugs are the only option medication rather than psychotherapy and counseling has

become the first choice for treatment rather than a last resort The experts who joined forces for this book take an in depth look at the conditions that have led to drugging our children and stress how emotional social cultural and physical environments can both damage and heal young minds The so called medical model one maintaining that psychological disturbance is genetic and thus requires medication is challenged in this volume Contributors range from a pediatrician who has testified before Congress and been featured in a Time magazine cover story to a top child psychiatrist who is an official for the American Academy of Child and Adolescent Psychiatry along with a well known child psychiatrist psychologists environmentalists and a public policy consultant This is riveting reading for all who care about the youngest members of society Among other issues this work looks at controversy over whether psychiatric medications are safe or effective for children and what little we know about their effect on still developing brains as well as the role of corporate interests in the increased use of psychotropics for children Chapters address the role of environment in both causing and curing disorders more and more often diagnosed in our youngsters from ADHD depression and anxiety to eating disorders The core questions addressed by this sage group of contributors are these Why are so many children being diagnosed with psychiatric disturbances and given drugs Why have drugs become the first treatment of choice to deal with those disorders

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