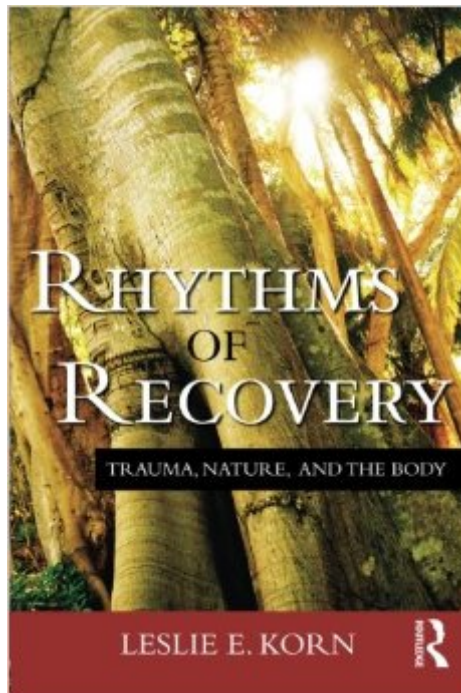


The book was found

# Rhythms Of Recovery: Trauma, Nature, And The Body



## Synopsis

Rhythm is one of the most important components of our survival and well-being. It governs the patterns of our sleep and respiration and is profoundly tied to our relationships with friends and family. But what happens when these rhythms are disrupted by traumatic events? Can balance be restored, and if so, how? What insights do eastern, natural, and modern western healing traditions have to offer, and how can practitioners put these lessons to use? Is it possible to do this in a way that's culturally sensitive, multidisciplinary, and grounded in research? Clients walk through the door with chronic physical and mental health problems as a result of traumatic events—how can clinicians make quick and skillful connection with their clients' needs and offer integrative mind/body methods they can rely upon? *Rhythms of Recovery* not only examines these questions, it also answers them, and provides clinicians with effective, time-tested tools for alleviating the destabilizing effects of traumatic events. For practitioners and students interested in integrating the insights of complementary/alternative medicine and 21st-century science, this deeply appealing book is an ideal guide. *Rhythms of Recovery* provides 10 continuing education units through the Massachusetts Mental Health Counselor Education Home study program (exam required): <http://www.mamhca.org/lmhcs/home-study-program/>

## Book Information

Paperback: 336 pages

Publisher: Routledge (November 28, 2012)

Language: English

ISBN-10: 0415807506

ISBN-13: 978-0415807500

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars— See all reviews— (7 customer reviews)

Best Sellers Rank: #161,350 in Books (See Top 100 in Books) #16 in Books > Medical Books > Medicine > Surgery > Trauma #204 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology #357 in Books > Medical Books > Basic Sciences > Physiology

## Customer Reviews

*Rhythms of Recovery* is a must read for anyone who has experienced a life-changing traumatic event. The book is highly supportive to individuals who have gone through painful physical and/or

emotional trauma and for those with chronic disease. I found that approaching the subject was daunting at the start and began by thumbing through the pages and stopping to where ever I paused. Each time, I found supportive information that was easy to interpret for my needs. I then read the book, cover to cover, and have gained an enhanced well-being and a new level of healing. The section on nutrition is a compilation of helpful suggestions to help with fatigue and boost the immune system. I am grateful to have discovered Rhythms of Recovery.

is a beautifully put together piece of work at all levels. The combination of insight, experience and specific applications, the combination of the book's design, the personal anecdotal and the scientifically backed along with a culturally sensitive understanding, make this a singularly successful piece of serious work. From stories told by story tellers to evidence from the lab, this book is of help to the amateur and the practitioner. The organisation is intelligent, it is easy to find what you want and the illustrations are exactly right. I wholeheartedly recommend the book to those who seek to understand more about trauma, about its devastating impact and about ways to find help. Renée Levine (retired, Lesley University, Cambridge, MA)

I am studying trauma and holistic health as part of my master's degree, so I was very eager to read Dr. Korn's book. I'm glad I did! I found myself constantly taking notes and highlighting sections for further research. Her style is engaging, the book is well organized, and it is full of evidence-based information. I also enjoyed reading about her experiences in working with traumatized clients from a variety of countries and cultures. This is one I will read and absorb again. I highly recommend this book for students, practitioners, and those who've suffered trauma, as a stop on their path toward healing.

Dr. Korn's extensive discussion on the rhythms that govern our lives and how they can be recovered and balanced by utilizing natural approaches can help practitioners to fine-tune treatment strategies when helping clients who have experienced trauma, chronic pain, and other emotional and mental health challenges. Her ability to pose questions and discuss answers is crucial for understanding how complementary and alternative means can help us achieve a healthier life. Jose F. Vaquez, Ph.D., Psy.D.

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Rhythms of Recovery: Trauma, Nature, and the Body Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking

addiction, overcoming ... addiction recovery, recovery, clean Book 4) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Natural Rhythms: A Sacred Guide into Nature's Creation Secrets Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book) The Body Remembers Continuing Education Test: The Psychophysiology of Trauma & Trauma Treatment (Norton Professional Book) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, MD | Key Takeaways, Analysis & Review Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126) Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship Trauma-Attachment Tangle: Modifying EMDR to Help Children Resolve Trauma and Develop Loving Relationships Child Trauma Handbook: A Guide for Helping Trauma-Exposed Children and Adolescents Prehospital Trauma Life Support (NAEMT PHTLS, Basic and Advanced Prehospital Trauma Support) Building Resilience to Trauma: The Trauma and Community Resiliency Models Handbook of Dental Trauma: A Practical Guide to the Treatment of Trauma to the Teeth Mining Coal and Undermining Gender: Rhythms of Work and Family in the American West Sacred Rhythms Participant's Guide: Spiritual Practices that Nourish Your Soul and Transform Your Life The Golden Number: Pythagorean Rites and Rhythms in the Development of Æ Æ Western Civilization

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