



The Body Bears the Burden: Trauma, Dissociation, and Disease

By Robert C. Scaer

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The Body Bears the Burden: Trauma, Dissociation, and Disease By Robert C. Scaer

Measure the neurophysiological changes associated with PTSD and whiplash! Using the clinical model of the whiplash syndrome, this groundbreaking book describes the alterations in brain chemistry and function induced in individuals by what is known as traumatic stress or traumatization--experiencing a life-threatening event while in a state of helplessness. *The Body Bears the Burden: Trauma, Dissociation, and Disease* presents evidence of the resulting and relatively permanent alteration in neurophysiology, neurochemistry, and neuronal organization. This book convincingly demonstrates that these changes create lasting effects on the emotional and physical well-being of the victim--changes correlated with many of the most common, yet poorly understood, physical complaints and diseases, including whiplash, migraines, fibromyalgia, irritable bowel syndrome, and other painful, difficult-to-treat conditions. Further, the causes and effects of retraumatization are explored, clarifying the reasons some patients suffer fresh trauma over relatively minor incidents while others handle major traumas more easily. This groundbreaking volume backs up its new theory of PTSD neurophysiology with cogent theory and persuasive evidence, including:

- case studies correlating clinical features of trauma and dissociation with compelling physiological rationales for the symptoms
- solid documentation drawing from the medical and psychiatric literature of PTSD, whiplash, brain injury, epidemiology of trauma, and a variety of disease processes linked to trauma
- in-depth discussions of medical traumatization of patients, including the results of pediatric procedures and ineffective anesthesia
- demonstrations that somatization and conversion are not imagined symptoms but result from measurable autonomic physiological alteration of the affected organ
- a well-documented exploration of the effect of prenatal and neonatal trauma on later emotional development, response to traumatic life events, and disease and mortality

This impressive empirical evidence that body, brain, and mind are a continuum offers a powerful new paradigm to medical and mental health professionals, as

well as new hope to sufferers from trauma. With a foreword by Bessel van der Kolk and helpful figures, *The Body Bears the Burden: Trauma, Dissociation, and Disease* is an essential resource for the in-the-trenches professionals who confront the effects of trauma and resulting somatic consequences. It will be of compelling interest and usefulness to family practice physicians, nurses and nurse practitioners, speech and physical therapists, counselors and psychotherapists, and any medical or mental health professional who treats physical or emotional trauma.

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Editorial Review

Review

REMARKABLE . . . provides clinically relevant descriptions of the mind/body dysfunctions of both the central and autonomic nervous systems of traumatized patients. Even more than a comprehensive overview, the author presents an integrated neuropsychobiological model of the underlying mechanisms of trauma pathology, which he demonstrates in numerous case histories and applies to various trauma therapies. A CREATIVE, CUTTING-EDGE WORK -- *Allan N. Schore, PhD, Assistant Clinical Professor, Department of Psychiatry, University of California at Los Angeles School of Medicine*

About the Author

Robert C. Scaer, MD, received his BA in Psychology, and his MD degree at the University of Rochester. He is Board Certified in Neurology, and has been in practice for 36 years, twenty of those as Medical Director of Rehabilitation Services at the Mapleton Center in Boulder, CO. His primary areas of interest and expertise have been in the fields of traumatic brain injury and chronic pain, and more recently in the study of traumatic stress and its role in physical and emotional symptoms, and in diseases. He has lectured extensively on these topics, and has published several articles on posttraumatic stress disorder, the whiplash syndrome, and other somatic syndromes of traumatic stress. His books include *The Body Bears the Burden: Trauma, Dissociation, and Disease*, which presented a new theory of dissociation and its role in many diseases, and *The Trauma Spectrum: Hidden Wounds and Human Resiliency*, which addressed the broad and relatively unappreciated spectrum of cultural and societal trauma that shapes every aspect of our lives. He is currently retired from clinical medical practice, and continues to pursue a career in writing and lecturing in the field of traumatology.

Users Review

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Arturo McDaniel:

Why don't make it to be your habit? Right now, try to ready your time to do the important behave, like looking for your favorite guide and reading a book. Beside you can solve your problem; you can add your knowledge by the e-book entitled *The Body Bears the Burden: Trauma, Dissociation, and Disease*. Try to stumble through book *The Body Bears the Burden: Trauma, Dissociation, and Disease* as your close friend. It means that it can to get your friend when you really feel alone and beside regarding course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you a lot more confidence because you can know every thing by the book. So , let's make new experience in addition to knowledge with this book.

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Mark York:

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Tammy Dorris:

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