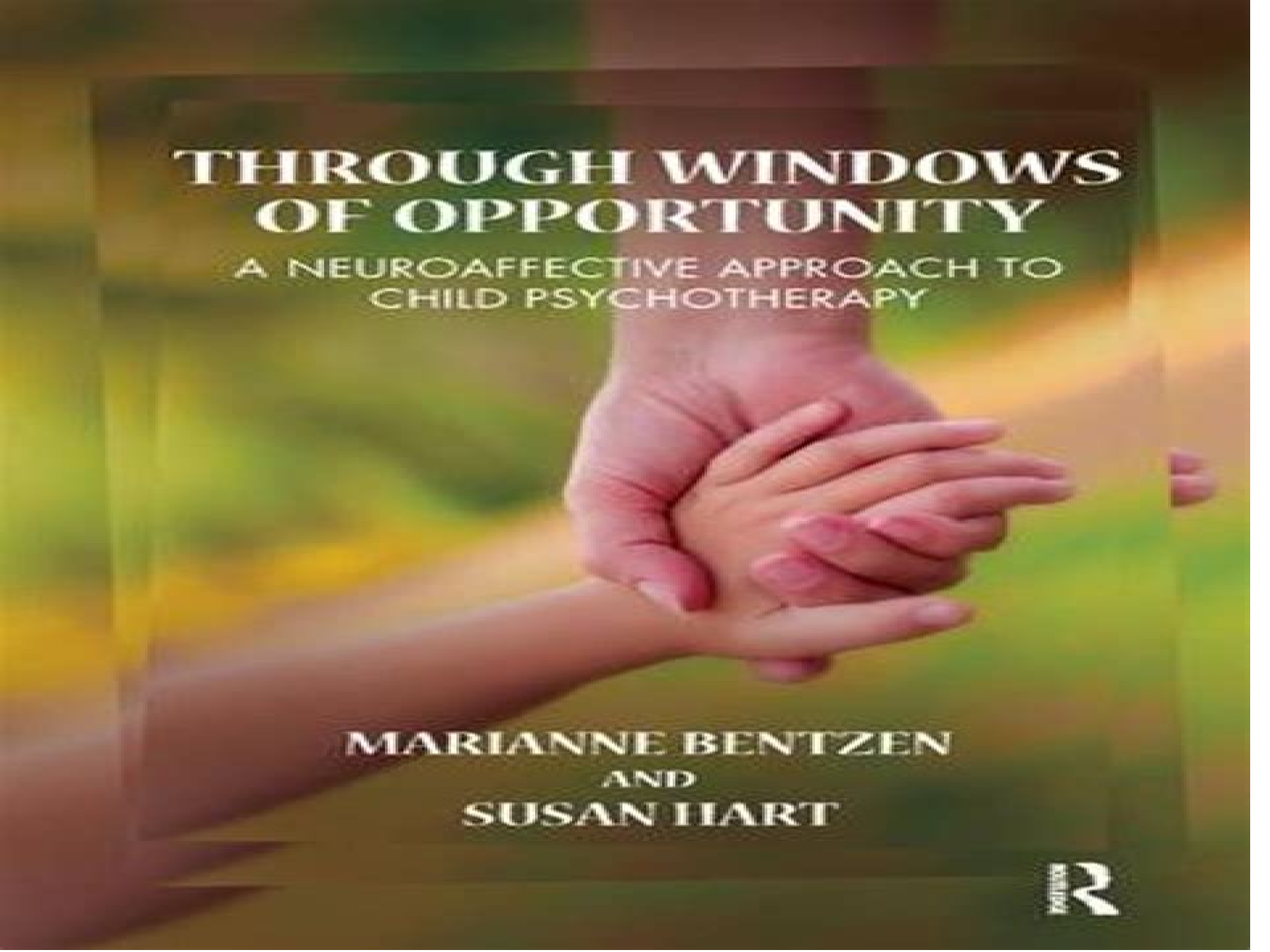




THROUGH WINDOWS OF OPPORTUNITY

A NEUROAFFECTIVE APPROACH TO
CHILD PSYCHOTHERAPY

MARIANNE BENTZEN
AND
SUSAN HART



Through Windows Of Opportunity A Neuroaffective Approach To Child Psychotherapy

Marianne Bentzen



Through Windows Of Opportunity A Neuroaffective Approach To Child Psychotherapy:

Through Windows of Opportunity Marianne Bentzen, Susan Hart, 2018-04-27 Research has shown that nonspecific factors such as relationship and personality have a stronger correlation to outcome than method The basic argument of Through Windows of Opportunity is that skilled psychotherapists do similar things while describing them differently and that psychological healing is created in the context of relationship This book presents the work of four therapists Peter Levine from the USA working with Somatic Experiencing on trauma states Jukka Makela from Finland with Theraplay working with disorganized attachment Haldor Ovreide from Norway with a therapeutic conversation in a disrupted son mother dyad and Eia Asen from the London Marlborough Clinic with systemic and mentalization based family therapy working on a dependent attachment pattern The closing chapters of the book summarize the high points of the discussions among the four therapists about nonspecific but shared aspects of their interventions moderated by the authors [Psychodynamic Child](#)

[and Adolescent Psychotherapy](#) Liselotte Grünbaum, Karen Vibeke Mortensen, 2023-04-28 Psychodynamic Child and Adolescent Psychotherapy is both a textbook and book of reference for all child and adolescent psychotherapists It addresses both novices who need to learn the theories and methods of the work and also experienced psychotherapists who want to expand their knowledge at the same time getting a readily accessible update and revival of the many ways in which psychodynamic child and adolescent psychotherapy enters into contemporary practice The book offers a clear methodologically precise and updated introduction to the theories methods and practice of the field The authors demonstrate through practical examples what psychodynamic child and adolescent psychotherapy is and how a psychotherapy can be planned and carried out expounding the necessary preconditions settings and methods A personal understanding of the complexity of the therapeutic relationship is presented together with an elucidation of drawings and symbolic play parallel work with parents and the special conditions for work with adolescents A special section deals with the meaning of time beginnings endings and breaks in psychotherapy followed by a part about the methodological adaptations necessary for psychotherapy with children and adolescents suffering from maltreatment and complex trauma Psychodynamic Child and Adolescent Psychotherapy ends with a description of the present state of research in the field [The Neuroaffective Picture](#)

[Book](#) Marianne Bentzen, 2018-06-26 An illustrated introduction to the evolution and early development of the brain emotions and personality Designed for psychologists psychotherapists and childcare professionals this book is an accessible primer on developmental neuropsychology combining easy to understand text with light hearted illustrations Covering topics such as the autonomic nervous system neuroaffective development the prefrontal cortex and the zone of proximal development The Neuroaffective Picture Book is a unique and useful tool for learning about emotions social skills and self regulation

Neuroaffective Meditation Marianne Bentzen, 2021-12-21 Shares 16 guided meditations for neuroaffective brain development and emotional maturation along with links to online recordings Explores the stages of emotional development

from childhood to old age and their potentials for developing new ways of functioning Reveals the biopsychological effects of meditation on the human brain including how it affects us at the autonomic limbic and prefrontal levels Drawing on her 25 years of research into brain development as well as decades of meditation practice psychotherapist Marianne Bentzen shows how neuroaffective meditation the holistic integration of meditation neuroscience and psychology can be used for personal growth and conscious maturation She also explores how the practice can help address embedded traumas and allow access to the best perspectives of growing older while keeping the best psychological attitudes of being young a hallmark of wisdom She explains that there is a sequence to emotional maturation just as there is for the development of cognitive or athletic skills and details the central developmental processes of childhood and adolescence and the adult stages of psychological development She then explores the biopsychological effects of meditation on the human brain including how it affects us at the autonomic limbic and prefrontal levels The author shares 16 guided meditations for neuroaffective brain development along with links to online recordings each designed to gently interact with the deep unconscious layers of the brain and help you reconnect to yourself your relationships and the world around Each meditation explores a different theme from breathing in being in your body to feeling love compassion and gratitude in the songs of the heart to balancing positive and negative experiences in mandala The author also shares a 5 part meditation centered on breathing exercises designed to balance your energy Presenting an authentic stepwise approach to spiritual growth emotional maturation and brain development this guide explains the science behind neuroaffective meditation and offers detailed practices for a truly personal and ever evolving experience of inner wisdom and growth

Systems-Centered Training Yvonne M. Agazarian, Susan P. Gantt, Frances B. Carter, 2020-12-30 This illustrated book shows how thinking systems offer new ways of seeing people which can help us see and do things differently The authors describe how a theory of living human systems was developed and even recently revised This major revision led to a theory of the person as a system and its role systems map that helps us see which system in us and in others is running the show The authors illustrate how life force energy fuels the hierarchy of living human systems and how theory and practice with role systems can be useful in everyday life They begin with describing how they have used the new illustrations as a map to locate the contexts of our roles Using this map has also enabled the authors to identify the role systems and explore the territory of ourselves and our groups in new ways that deepened our understanding of roles and role locks This book illustrates systems centered therapy and training SCT theory by offering a practical theory to guide group psychotherapists leaders and consultants in working with group dynamics

Inclusion, Play and Empathy Susan Hart, 2016-09-21 Early interactions play a crucial role in the development of children s emotional personal and social skills and set the precedent for establishing a secure attachment relationship as they mature into adulthood This book introduces the latest research into ways for professionals to encourage the development of these skills in children s groups

A Comprehensive Guide to Music Therapy, 2nd Edition Stine Lindahl Jacobsen, Inge Nygaard

Pedersen, Lars Ole Bonde, 2019-05-21 Music therapists have a rich diversity of approaches and methods often developed with specific relevance to meet the needs of a certain client population This updated edition reflects this diversity and is a comprehensive guide to accessing the ideas theory research results and clinical outcomes that are the foundations of this field

Healing Trauma in Children with Clay Field Therapy Cornelia Elbrecht, 2021-11-02 The first book of its kind on treating trauma in children through creative play with clay written by a leading voice in the field of art therapy From the moment we are born we rely on our hands to perceive the world It is through touch that we communicate with our primary caregivers and attain an abiding sense of love and security In Clay Field therapy client children work with clay and water in a rectangular box The therapeutic focus is not on object creation but on the touch connection with the clay as a symbolic external world Movement touch and sensory feedback that have long been out of reach are actualized through the creative process enabling the child to heal past wounds and regain a more fulfilling sense of self Author and therapist Cornelia Elbrecht has been a leader in groundbreaking art therapy techniques for over 40 years In *Healing Trauma in Children with Clay Field Therapy* she shows how embodied expression within the Clay Field can be an effective tool in treating children suffering the mental emotional and physical effects of trauma She discusses the theory and practice of Clay Field therapy using dozens of case examples and more than 200 images Working within a fun safe and trusting environment children respond with their embodied braced chaotic or dissociated structures of the past but are then able to foster new sensorimotor experiences that enhance self esteem empowerment and a restoration of developmental deficits Child therapists will find this book to be a valuable tool working with a Clay Field can reach even the earliest developmental trauma events repairing their damage through the haptic hands brain connection

The Power of Attachment Diane Poole Heller, Ph.D., 2019-03-12 How traumatic events can break our vital connections and how to restore love wholeness and resiliency in your life From our earliest years we develop an attachment style that follows us through life replaying in our daily emotional landscape our relationships and how we feel about ourselves And in the wake of a traumatic event such as a car accident severe illness loss of a loved one or experience of abuse that attachment style can deeply influence what happens next In *The Power of Attachment* Dr Diane Poole Heller a pioneer in attachment theory and trauma resolution shows how overwhelming experiences can disrupt our most important connections with the parts of ourselves within with the physical world around us and with others The good news is that we can restore and reconnect at all levels regardless of our past Here you will learn key insights and practices to help you Restore the broken connections caused by trauma Get embodied and grounded in your body Integrate the parts of yourself that feel wounded and fragmented Emerge from grief fear and powerlessness to regain strength joy and resiliency Reclaim access to your inner resources and spiritual nature We are fundamentally designed to heal teaches Dr Heller Even if our childhood is less than ideal our secure attachment system is biologically programmed in us and our job is to simply find out what is interfering with it and learn what we can do to make

those secure tendencies more dominant With expertise drawn from Dr Heller s research clinical work and training programs this book invites you to begin that journey back to wholeness *Brain-Changing Strategies to Trauma-Proof Our Schools* Maggie Kline,2020-11-03 Stop trauma in its tracks address disruptive behaviors and create a safe and nurturing school environment with a neuroscience based approach in your classroom Here we are given a gift that will keep on giving for generations to come Daniel J Siegel MD New York Times best selling co author of The Whole Brain Child and Parenting from the Inside Out More than 32 million children in the US suffer from trauma symptoms Some have had adverse childhood experiences ACEs like neglect abuse violence and loss or have experienced distress from medical trauma and social injustice Toxic traumatic stress shapes the structure and function of both brain and body which can lead to anxiety hyperactivity aggression shutting down and acting out emotions and behaviors that hinder learning and create classroom chaos Maggie Kline a family therapist trauma specialist school psychologist and former teacher gives you whole brain heart centered tools to identify and reverse trauma driven behaviors so students feel supported and safe Her unique roadmap will empower you to facilitate positive school wide outcomes as you learn How trauma alters kids brains causing cognitive emotional and behavioral challenges Evidence based somatic relational and mindfulness interventions to rewire reactivity How to manage Pre K 12 classrooms to promote empathy cooperation and belonging Social equity practices so kids from all backgrounds feel safe valued and joyful Concrete steps to restore resilience following natural and man made catastrophes *Child Psychology* Helen Pote,Anna Picciotto,Clare Norris,2024-07-04 An inclusive guide to developing confidence and competence in daily practice Attending to the psychological needs of children in distress is an enormously challenging and rewarding endeavour Successful clinical child psychologists are both practitioners and scientists integrating the application of existing theory current knowledge and evidence based research into their practice In Child Psychology Pathways to Good Practice a highly experienced team of clinicians and researchers provides effective treatment practices and toolkits to assist in custom tailoring therapies for young patients Concise chapters address a broad range of conditions from behavioural and emotional difficulties to issues related to neurodivergence and intellectual disabilities Drawing upon the most recent evidence and therapeutic models this authoritative guide offers practical hands on discussion of all aspects of the child psychological practice including assessment and formulation legal and professional issues service delivery collaboration digital mental health trauma informed practice working in schools and social care and more Edited by leaders in the field Child Psychology Pathways to Good Practice is a must have for any clinical practitioner specialising in child or adolescent psychology It is also a valuable resource for advanced students trainees and researchers with an interest in the clinical aspects of children s mental health Meeting Emotional Needs in Intellectual Disability Tanja Sappok,Sabine Zepperitz,Mark Hudson,2022-01-24 Help adults with intellectual disabilities improve their mental health and quality of life Introduces a new emotional development evidence based model Details phases and milestones of development for people with ID Explains

challenging behaviour and mental health problems according to the model Detailed guidance on how to apply the approach in practice Full of case examples More about the book Using a developmental perspective the authors offer a new integrated model for supporting people with intellectual disability ID This concept builds upon recent advances in attachment informed approaches by drawing upon a broader understanding of the social emotional and cognitive competencies of people with ID which is grounded in developmental neuroscience and psychology The book explores in detail how challenging behaviour and mental health difficulties in people with ID arise when their basic emotional needs are not being met by those in the environment Using individually tailored interventions which complement existing models of care practitioners can help to facilitate maturational processes and reduce behaviour that is challenging to others As a result the fit of a person within his or her individual environment can be improved Case examples throughout the book illuminate how this approach works by targeting interventions towards the person's stage of emotional development This book will be of interest to a wide range of professionals working with people with ID including clinical psychologists psychiatrists occupational therapists learning disability nurses speech and language therapists and teachers in special education settings as well as parents and caregivers

Museum Objects, Health and Healing Brenda Cowan, Ross Laird, Jason McKeown, 2019-10-02 Museum Objects Health and Healing provides an innovative and interdisciplinary study of the relationship between objects health and healing Shedding light on the primacy of the human need for relationships with objects the book explores what kind of implications these relationships might have on the exhibition experience Merging museum and object studies as well as psychotherapy and the psychology of well being the authors present a new theory entitled Psychotherapeutic Object Dynamics which provides a cross disciplinary study of the relationship between objects health and well being Drawing on primary research in museums psychotherapeutic settings and professional practice throughout the US Canada Bosnia Herzegovina and the UK the book provides an overview of the theory's origins the breadth of its practical applications on a global level and a framework for further understanding the potency of objects in exhibitions and daily life Museum Objects Health and Healing will be essential reading for academics researchers and postgraduate students interested in museum studies material culture mental health psychotherapy art therapies and anthropology It should also be valuable reading for a wide range of practitioners including curators exhibition designers psychologists and psychotherapists

The Neuroaffective Picture Book 2 - Socialization and Personality Marianne Bentzen, Susan Hart, 2018-06-07 Designed for psychologists psychotherapists and childcare professionals The Neuroaffective Picture Book 2 Identity and Socialization outlines the developmental psychology of identity and interaction skills from age 2 to 20 years combining easy to understand text with light hearted illustrations The text describes the development of the basic human motivation systems of attachment play status gender identity and empathic mentalization during these years The importance of peer relationships is highlighted as well as reflections on how adult family members mentors therapists and teachers hopefully wiser as well as older heads can

best support healthy maturation This stand alone book continues the work of the previous volume The Neuroaffective Picture Book which gives an overview of personality development during the first few years of life *El poder del apego* Diane Poole Heller, 2022-09-05 Desde los primeros años desarrollamos un estilo de apego que nos acompaña durante toda la vida y que se refleja en nuestro panorama emocional diario nuestras relaciones y la forma en que nos sentimos con nosotros mismos En *El poder del apego* la doctora Diane Poole Heller una pionera en la teoría del apego y la resolución de traumas muestra cómo las experiencias que nos sobrepasan pueden alterar nuestras conexiones más importantes con nuestro ser interior con el mundo físico que nos rodea y con los demás La buena noticia es que podemos recuperarnos y reconectar a todos los niveles independientemente de nuestro pasado Este libro incluye perspectivas y prácticas clave que te ayudarán a Restablecer las conexiones interrumpidas debido a un trauma Sentirte enraizado en tu cuerpo Integrar las partes de tu ser que están heridas y fragmentadas Trascender el dolor el miedo y la impotencia para recuperar la fuerza la alegría y la resiliencia Recuperar el acceso a tus recursos internos y a tu naturaleza espiritual Theraplay : Une thérapie par le jeu basée sur l'attachement Françoise Hallet, Phyllis Booth, Ann Jernberg, 2023-02-13 Theraplay est une méthode de thérapie par le jeu largement utilisée dans les pays anglo saxons qui s'appuie sur le travail d'Ann Jernberg Cette méthode se base sur la façon naturelle et ludique dont se déroulent les interactions entre enfants et parents pour proposer un soutien aux familles en difficulté et les aider à développer leurs activités et structure essentielles pour le développement de l'enfant Theraplay montre concrètement aux parents comment utiliser le jeu pour communiquer amour et autorité et pour guider leur enfant dans des interactions qui développeront ses compétences son estime et sa confiance en lui Reprise par Phyllis Booth et complétée par les dernières recherches sur l'attachement et les effets du stress traumatisme sur le développement de l'enfant cette nouvelle édition propose de nombreuses vignettes cliniques ainsi que des appendices proposant des activités concrètes en fonction de l'âge et des dimensions Theraplay Cet ouvrage intéressera tous les thérapeutes d'enfants et les professionnels amenés à accompagner les enfants dans leur pratique psychiatres psychologues travailleurs sociaux éducateurs infirmiers pédiatriques orthophonistes kinésithérapeutes Il apportera également de nombreux conseils aux parents désireux d'en apprendre plus sur la relation parents enfant **Tief verbunden** Diane Poole Heller, 2020-04-27 Eine spannende Reise zu mehr Intimität und Nähe Unsere ersten Beziehungen prägen uns das ganze Leben lang Ob wir unsere Eltern und frühen Bezugspersonen als zugewandt und liebevoll oder eher als distanziert oder gar abweisend erlebt haben diese Erfahrungen wirken sich unter Umständen selbst heute noch auf unsere Partnerschaften aus Die gute Nachricht ist Selbst wenn unsere Kindheit nicht so ideal war unser System ist darauf programmiert wieder heil zu werden wie die erfahrene Traumatherapeutin Diane Poole Heller aus ihrer langjährigen Praxis Dieses Buch hilft dabei unsere ganz persönlichen Muster und Vermeidungsstrategien in Bezug auf Nähe herauszufinden und anhand vieler praktischer Übungen aufzulösen *Het Neuroaffectie Plaatjesboek* Marianne Bentzen, 2022-03-14 Het neuroaffectieve plaatjesboek is een geïllustreerd tekstboek voor psychologen psychotherapeuten

coaches en professionals in de jeugdhulpverlening Het biedt een eenvoudige en visuele introductie in de evolutie en vroege ontwikkeling van het brein en de persoonlijkheid Welke een cruciale fundering vormen voor een leven lang leren en ontwikkelen Daarnaast wordt ook het model van de neuroaffectieve kompassen gepresenteerd Een tool voor diagnostiek van de persoonlijkheid en voor het vinden van de beste emotionele zone van naaste ontwikkeling voor zowel een kind als volwassene De combinatie van korte teksten over neuroaffectieve ontwikkeling en de luchtige illustraties verbindt de theorie met het non verbale intuïtieve gevoel dat een belangrijk hulpmiddel is bij alle psychotherapie en bij persoonlijkheidsontwikkeling Mariannen Bentzen is een Deense psychotherapeut Sinds 1982 geeft ze les in psychotherapie in zestien verschillende landen Momenteel in Scandinavië en Europa Sinds 1997 hebben Marianne Bentzen en psychologe Susan Hart samen op onderzoek gebaseerde modellen van neuroaffectieve persoonlijkheid en groepsontwikkeling gecreëerd om daarmee beslissingen ten aanzien van interventies te kunnen nemen in psychotherapie voor volwassenen en kinderen evenals in groepsprocessen supervisie en organisaties Marianne's benadering omvat somatische interactionele systeemgeoriënteerde en meditatieve tradities

Das Neuroaffektive Bilderbuch Marianne Bentzen, 2016-03-04 DAS

NEUROAFFEKTIVE BILDERBUCH ist ein illustriertes Lehrbuch für Menschen aus Psychologie Psychotherapie Coaching und der professionellen Arbeit mit Kindern Es bietet eine simple und visuell orientierte Einführung in die Evolution und frühkindliche Entwicklung des Gehirns und der Persönlichkeit die das alles entscheidende Fundament für lebenslanges Lernen und lebenslange Entwicklung darstellen Zudem stellt es das neuroaffektive Kompassmodell vor ein Instrument für die Einschätzung der Persönlichkeit und für die Ermittlung der besten emotionalen Lernzone für ein Kind oder einen Erwachsenen Die Kombination kurzer Texte über die neuroaffektive Entwicklung und entsprechenden beschwingten Illustrationen verknüpfen die Theorie mit dem nonverbalen intuitiven Gespür das ein zentrales Werkzeug jeder Psychotherapie und Persönlichkeitsentwicklung ist

Psychosomatische Osteopathie Torsten Liem, 2023-12-19 Erfahren Sie alles über die effiziente Behandlung von psychischen und psychosomatischen Beschwerden wie z.B. Störungen der Emotionsregulation oder Traumata Torsten Liem und sein Team informieren Sie detailliert und praxisnah über Prinzipien Diagnostik Behandlungsaufbau und Therapie der relevanten Krankheitsbilder Dabei werden auch die Prinzipien und Sichtweisen der psychosomatischen Osteopathie PSO besprochen Alles wird so beschrieben und erklärt dass Sie es leicht in Ihren Praxisalltag integrieren können Neu entwickelte Ansätze und Techniken z.B. osteopathisch herzfokussierte Palpation OHP osteopathisch bilaterale Stimulation OBS osteopathische emotionale Regulationstechnik OER multimodaler bifokaler Integration MBI werden umfassend beschrieben und bieten auch erfahrenen Therapeuten eine Erweiterung ihrer Kompetenzbereiche Die Psychosomatische Osteopathie findet ihre Anwendung bei Traumata und posttraumatischen Belastungsstörungen emotionalen Regulationsstörungen osteopathischen Behandlungsreaktionen chronischen Schmerzzuständen Brainfog und Schädelhirntrauma sowie in der Behandlung von Kindern und Jugendlichen Das Buch eignet sich für Osteopathinnen in Ausbildung und Praxis

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