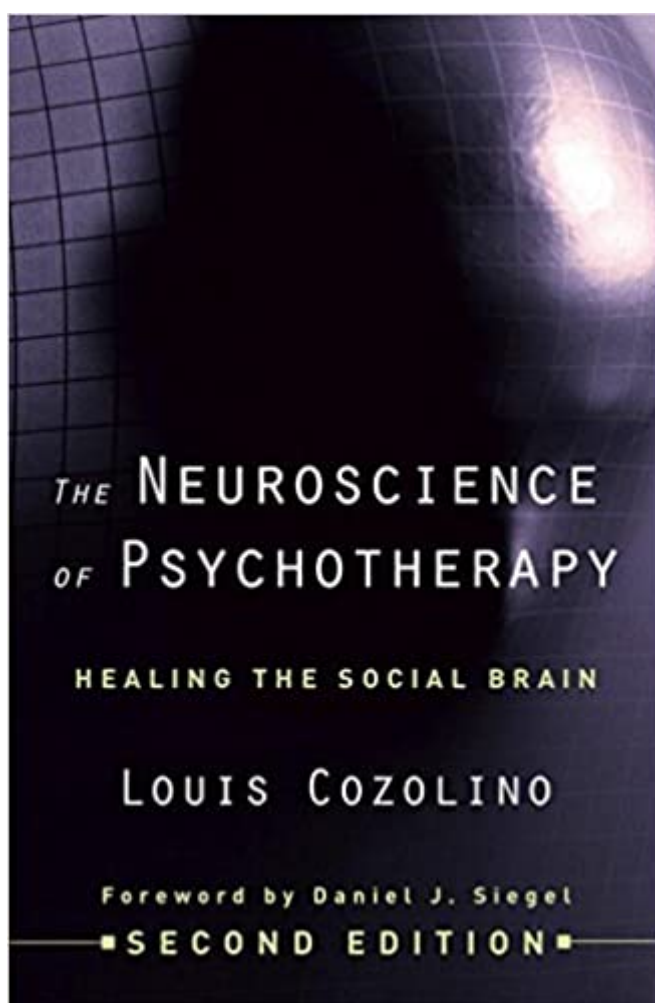


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# The Neuroscience Of Psychotherapy: Healing The Social Brain (Second Edition) (Norton Series On Interpersonal Neurobiology)



## **Synopsis**

How the brain's architecture is related to the problems, passions, and aspirations of human beings. In contrast to this view, recent theoretical advances in brain imaging have revealed that the brain is an organ continually built and re-built by one's experience. We are now beginning to learn that many forms of psychotherapy, developed in the absence of any scientific understanding of the brain, are supported by neuroscientific findings. In fact, it could be argued that to be an effective psychotherapist these days it is essential to have some basic understanding of neuroscience. Louis Cozolino's *The Neuroscience of Psychotherapy, Second Edition* is the perfect place to start. In a beautifully written and accessible synthesis, Cozolino illustrates how the brain's architecture is related to the problems, passions, and aspirations of human beings. As the book so elegantly argues, all forms of psychotherapy--from psychoanalysis to behavioral interventions--are successful to the extent to which they enhance change in relevant neural circuits. Beginning with an overview of the intersecting fields of neuroscience and psychotherapy, this book delves into the brain's inner workings, from basic neuronal building blocks to complex systems of memory, language, and the organization of experience. It continues by explaining the development and organization of the healthy brain and the unhealthy brain. Common problems such as anxiety, trauma, and codependency are discussed from a scientific and clinical perspective. Throughout the book, the science behind the brain's working is applied to day-to-day experience and clinical practice. Written for psychotherapists and others interested in the relationship between brain and behavior, this book encourages us to consider the brain when attempting to understand human development, mental illness, and psychological health. Fully and thoroughly updated with the many neuroscientific developments that have happened in the eight years since the publication of the first edition, this revision to the bestselling book belongs on the shelf of all practitioners.

## **Book Information**

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## Customer Reviews

“If Kandel brought the viewpoint of a Nobel Prize neuroscientist, Cozolino delivers the informed perspective and integrative thinking of a master clinician in this updated edition. This beautifully written book is indispensable for anyone involved in the fields of mental health or public policy.” - Psychiatric Times

“In his revised edition, Cozolino artfully traverses the gap between clinical practice and the emerging literature in neuroscience. By cleverly juxtaposing clinical examples with brain research, he demystifies psychiatric disorders and places them within an easy-to-understand neuroscience framework. Readers will come away knowing just how and why psychotherapeutic processes have a positive impact on the nervous system.” - Stephen W. Porges, PhD, Director, Brain-Body Center, Department of Psychiatry, University of Illinois at Chicago

“A master clinician, outstanding teacher, and avid interpreter of a burgeoning literature, Dr. Cozolino is a welcome guide to this fascinating intersection of talk therapy, developmental psychology, anatomy, and neuroplasticity. In a reprise of his outstanding first edition, Dr. Cozolino brings readers up to date with this essential revision. Ten years of updates and a great deal of polishing will more than reward the returning reader or curious newcomer.” - John D. Wynn, MD, Medical Director, Division of PsychoOncology, Swedish Cancer Institute, and Clinical Professor of Psychiatry and Behavioral Sciences, University of Washington School of Medicine

“Cozolino is a brilliant writer and wonderful story teller. Regardless of the level of neuroscience a psychotherapist wishes to add to their expertise I cannot recommend this book highly enough. The book also will be a valuable addition to the bookshelves of neuroscientists themselves, clinicians, policy makers and especially public mental health workers.” - Metapsychology Online Reviews

“[E]xcellent. Psychotherapists and physicians alike could benefit from absorbing the challenges posed by the author, particularly his wish to see the psychotherapy of the future integrated with neurology.” - Dr. Bryan Knight, Hypnosis Depot

Louis Cozolino, PhD, is a professor of psychology at Pepperdine University and a private

practitioner. He is the author of *The Healthy Aging Brain*, *The Neuroscience of Human Relationships*, *The Neuroscience of Psychotherapy*, and *The Making of a Therapist*. He lives in Los Angeles, California.

After over a century of the 'talking cure' helping people with their mental suffering, we finally are able to shine a light on the physical, neurological basis for the changes that happen in the brain after a prolonged therapeutic interaction between patient and therapist. Louis Cozolino is an excellent teacher and with great ease and clarity shows how the brain changes as a result of experiences, both traumatic and healing. He explains how it can become a strong and integrated organ that regulates our emotional states and focusses us towards our goals, if the person it inhabits has a successful experience of attaching securely to the caretaker. He also illustrates the damage that the brain suffers when deprived of the needed opportunity for a secure relationship. Fortunately our brains are able to change given new experiences. This 'plasticity' is what allows us to learn new things at any age, by growing new neurons and new pathways between them and prior structures. The author illustrates in great detail the regulatory architecture of the brain, and how psychotherapy when based on a trusting, safe and emotionally significant relationship helps the rational left brain soothe and modulate the affective right hemisphere, and the cortex in general to exert top down inhibition of the emotion generating limbic system. Excellent and highly recommended.

As a social worker - I have been reading and learning about neuroscience for years now. This brought all that together for me. Some of it still sort of flows past me - some of the more technical parts - but how he talks about integration - really makes sense to me from what I have read about the brain and what I know about practicing therapy...I read this about the same time I was reading Dan Siegel - and it was a great mix..Dan Siegel

[http://www..com/Mindsight-The-Science-Personal-Transformation/dp/0553386395/ref=pd\\_sim\\_b\\_10](http://www..com/Mindsight-The-Science-Personal-Transformation/dp/0553386395/ref=pd_sim_b_10)

Great book for understanding the complexities of neuroscience and the workings of the brain. Also, very helpful for understanding the origin of certain emotional conditions such as PTSD and OCD which can aid the psychotherapist in his counseling sessions. The author seems to understand both the neuroscience and psychotherapy aspects of the field.

This book is without a doubt a perfect book for an average ordinary sort of learner. Dr. Cozolino

writes very clearly. The explanation about attachment are so important I purchased copies for my kids.

I long have been thinking and writing, as a non-scientist, about how the mind, or human brain operates functionally, like a computer but far superior to one through at least its creativity, free will, and emotions.. Dr. Copolino's extremely informative book is the only one I have found that implicitly confirms, for general readers, my explicit functional perception of thinking, experiencing emotions, and causing activity by the extremities in terms of coded discrete batches of neuronal electrochemical pulse signals that represent words and numbers, and hence facts and ideas, as they flow purposefully through the mind's segmented neuronal circuitry..I derived my informative perception of the still opaque mind by drawing a telling analogy from transparent electronic digital computers. Hence, I believe that my functional perception can be an ideal explanatory supplement to his more abstract, but very informative explanation of mental experiences, syndromes, and treatments.His mention of the always plastic mind especially shows how constructive interaction with children from birth is essential for their minds to mature as mentally healthy as possible, individually and as inevitable members of society.

This is a well written book, an easy to understand read. The information is well integrated, and sheds light on the more stubborn aspects of the personality. In addition, it gives good insight on changing, and re-framing our outlook towards the world around us.

I purchased this book as a basis for some research I was beginning to do and it turned out to be a great read. The book is so well outlined and worded that it makes it easy for the student or lay person to read and understand. If i were ever to teach a neuropsychology class this would be a must have supplementary reading.

A really important book that reviews wide ranging research on neuroscience implications of psychotherapy. It does miss one important current and historical tool that gives direct access to some of the areas of the brain related in psychopathology that traditional forms of psychotherapy, such as behavioral, CBT, psychodynamic and other insight oriented therapies don't give, which is hypnosis. An understanding of the brain, trauma, human and neurological development have direct implications for psychotherapy.

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