

**THE HEALING POWER OF EMOTION:  
AFFECTIVE NEUROSCIENCE,  
DEVELOPMENT & CLINICAL PRACTICE  
(NORTON SERIES ON INTERPERSONAL  
NEUROBIOLOGY (HARDCOV**

The Healing Power  
of Emotion

*Affective Neuroscience, Development & Clinical Practice*



Edited by  
Diana Fosha | Daniel J. Siegel | Marion F. Solomon

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## Review

“This book?the fruit of a dialogue among eminent neuroscientists, clinicians, attachment researchers, and body workers?achieves a level of integration among these various disciplines that has not been seen before. A magisterial achievement!” (Bessel van der Kolk, MD, The Trauma Center, Boston, MA)

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“A masterful panoramic view of emotion. This is an important and superbly done book, especially strong in balancing the clinical with the scientific.” (Daniel N. Stern, MD, Honorary Professor of Psychology, University of Geneva, author, *The Present Moment in Psychotherapy and Everyday Life*)

“It is gratifying to see this important new volume direct a long-overdue spotlight on the essential element of emotional change in psychotherapy. This volume provides information on neurophysiology, phenomenology, and interactive dynamics that can benefit clinicians of all orientations.” (Francine Shapiro, PhD, Senior Research Fellow, Mental Research Institute, Palo Alto, California, and Executive Director, the EMDR Institute, Watsonville, CA)

## About the Author

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Drawing on cutting-edge neuroscience to better understand emotion.

We are hardwired to connect with one another, and we connect through our emotions. Our brains, bodies, and minds are inseparable from the emotions that animate them.

Normal human development relies on the cultivation of relationships with others to form and nurture the self-regulatory circuits that enable emotion to enrich, rather than enslave, our lives. And just as emotionally traumatic events can tear apart the fabric of family and psyche, the emotions can become powerful catalysts for the transformations that are at the heart of the healing process.

In this book, the latest addition to the Norton Series on Interpersonal Neurobiology, leading neuroscientists, developmental psychologists, therapy researchers, and clinicians illuminate how to regulate emotion in a healthy way. A variety of emotions, both positive and negative, are examined in detail, drawing on both research and clinical observations. The role of emotion in bodily regulation, dyadic connection, marital communication, play, well-being, health, creativity, and social engagement is explored. The Healing Power of Emotion offers fresh, exciting, original, and groundbreaking work from the leading figures studying and working with emotion today.

Contributors include: Jaak Panksepp, Stephen W. Porges, Colwyn Trevarthen, Ed Tronick, Allan N. Schore, Daniel J. Siegel, Diana Fosha, Pat Ogden, Marion F. Solomon, Susan Johnson, and Dan Hughes.

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60 of 63 people found the following review helpful.

What a rich book!

By Jennifer L. Imming PhD

Wow--what a rich book! However, don't expect to get through this book quickly (you won't want to) because it's chock-full of useful information. It is complete with up-to-date research presented by some of the most cutting edge scientists/clinicians.

While the book is written by eleven individuals (one person writes each chapter), it is both thorough and integrated. I can only imagine how much effort and intention it took to have the chapter's authors working

with each other. Many authors refer to the other chapters' content within the book, which helps to pull it all together for the reader (e.g. if one author used a term that was different than another's, but represented a similar idea, the author tended to point this out).

The first six chapters of the book address the neuroscience and developmental aspects of emotion. While these chapters will be particularly dense for readers less familiar with neuroscience, each contained valuable, up-to-date information that is worth becoming familiar with. (I also refer readers to Norman Doidge's book on the brain, which is fascinating and easily digested.) The last five chapters focus on specific clinical applications, including individual, couples, and family work. These authors each gave beautiful excerpts of actual cases which bring to life the concepts addressed in the chapters.

I found the book to be an incredible presentation of understanding the concept of emotion and as the title states "the healing power of emotion". It's worth both reading and referring to for many years to come.

48 of 50 people found the following review helpful.

If you can buy just one book - make it this one.

By Judith Goodman

I loved this book. It is an extraordinary 5 star buffet of articles by cutting edge neurobiology researchers and psychotherapy clinicians, a who's who in the field. Both the articles on the brain and psychotherapy are consummately well written, and clinical articles have great case illustrations. The psychotherapies described here are moving beyond exploration of pathologies to the transformative experiences where joy, new energy, and delight become possible; that and helping people regulate their dysregulated nervous system. This book is a weaving together of two disciplines that demonstrate what this new frontier looks like. If you have one book to buy --- make it this one. Judi Goodman, LICSW

Lexington, MA

36 of 38 people found the following review helpful.

Brilliant and accessible

By M. Verba

The book is a fascinating collection of papers--all connected, yet each with its own distinct flavor reflecting the unique expertise of the individual author. As a clinician who does not have a neuroscience background, I found the book both accessible and highly relevant to clinical practice. I have read these authors separately so am thrilled the meta perspective presented explicitly in the introduction, as well as the weaving together of the concepts that occurs throughout the chapters.

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