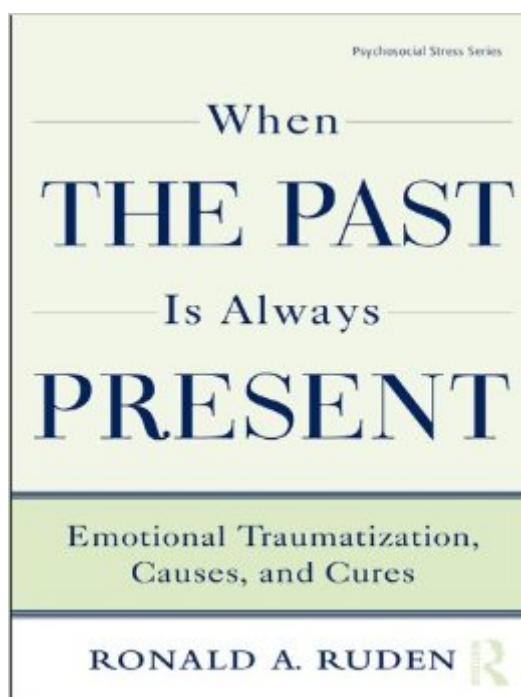


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# When The Past Is Always Present: Emotional Traumatization, Causes, And Cures (Psychosocial Stress Series)



## Synopsis

When the Past Is Always Present: Emotional Traumatization, Causes, and Cures introduces several new ideas about trauma and trauma treatment. The first of these is that another way to treat disorders arising from the mind/brain may be to use the senses. This idea, which is at the core of psychosensory therapy, forms what the author considers the "third pillar" of trauma treatment (the first and second pillars being psychotherapy and psychopharmacology). Psychosensory therapy postulates that sensory input—for example, touch—creates extrasensory activity that alters brain function and the way we respond to stimuli. The second idea presented in this book is that traumatization is encoded in the amygdala only under special circumstances. Thus, by understanding what makes an individual resistant to traumatization we can offer a way of preventing it. The third idea is that traumatization occurs because we cannot find a haven during the event. This is the cornerstone of havening, the particular form of psychosensory therapy described in the book. Using evolutionary biological principles and recently published neuroscientific studies, this book outlines in detail how havening touch de-links the emotional experience from a trauma, essentially making it just an ordinary memory. Once done, the event no longer causes distress.

## Book Information

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## Customer Reviews

For anyone wanting to understand how this amazing technique works, I highly recommend this book. There is a lot of clutter about tapping and alternative healing methods but Dr. Ruden's book clearly explains the science behind the technique. I hope this will shake up the medical establishment and make them realize that (a) the body and mind are connected and (b) that healing the effects of trauma with drugs might not be the only solution. This is not only a book for shrinks and doctors. It's also a book for those who have been traumatized and continue to feel the effects.

"Havening" is the breakthrough therapy described in Dr. Ronald Ruden's new book, "The Past is Always Present." Anyone who has experienced trauma, been diagnosed with PTSD or just can't get into an elevator without a panic attack should read this book or ask their therapist to read it. For professionals, the havening is not difficult to learn and for the patients it provides a real hope to be free of the debilitating symptoms and the limiting behaviors associated with trauma. Dr. Ruden clearly identifies the conditions that create the emotional landscape for traumatic encoding to occur in the brain and his years of research have culminated in this new handbook that is lucid and brilliant in its potential to help trauma patients. The combination of both the medical facts and his patients' anecdotes make this complicated topic an easy read. Havening is a therapy that is grounded in the healing feeling of being safe and is based on a specific pattern of touch that Dr. Ruden developed to create the feeling of safety necessary to down regulate traumatization and to allow people who have been traumatized to escape from the inescapable; in effect removing the traumatic memory from the brain. This book deserves to be read by EVERYONE who works in psychotherapy or with trauma patients or who is a trauma patient themselves. I fell into Dr. Ruden's office by accident, after suffering a major and debilitating trauma. And through his havening, I can truthfully say, he has saved my life.

What I love about Dr. Ruden's book is how I felt when I finished reading it: excited, full of anticipation, hope and belief that every single one of us who has survived trauma can truly hope for freedom from the past. After clearly explaining the nature of trauma and its physical and emotional impact, Dr. Ruden introduces a new approach to finding relief: Havening offers a trauma relief

process that is simple, compassionate, and often works quickly - just what we all want and need to hear! One of the major problems for trauma survivors is that we don't have the information or understanding we need in order to comprehend what's wrong with us and what to do about it. Dr. Ruden's book takes all the mystery out of moving forward. With chapters that clearly explain what it means to be traumatized, the role emotions play and how they connect to survival, how traumatic memories are encoded, the consequences of traumatization and how to begin interrupting that process, plus a detailed review of havening and even instructions on self-havening, Ruden's knowledge and thoughts offer a light in the darkness of the post-trauma state. I struggled with over 25 years of posttraumatic stress disorder, mostly because no one around me, including myself, understood trauma or what to do about its impact. I'm now 100% PTSD-free and can vouch for how valuable Ruden's information would be on any journey to recovery. I highly recommend Ruden's book so that you learn what you need to know about the nature of trauma and its effects, plus how possible it is to feel better. With this knowledge and hope you will be inspired to move away from the past and into a present that is free from anxiety, depression and fear.

Terrific little book that explains and instructs on "havening" - a new "power therapy" for PTSD that is much faster and less of an ordeal for clients than EMDR or even EFT; and it doesn't even have an acronym! Ruden explicitly explains the procedure and the purported mode of action in layman's terms though it gets a bit deep for the masses at times. Groundbreaking!

This concise primer is a real find for any practitioner in the healing professions. Whatever our discipline or theoretical perspective all of us have worked with clients whose trauma pain and suffering has confused us and left us at a loss as to how to help or intervene. Problems such as chronic pain, phobias, PTSD etc. send people into our offices every day. This is where the author begins. He first educates us as to the neurobiology of trauma. Do not be intimidated by the hard science. It is explored and explained in clear accessible and sometimes even poetic language. Once he develops this comprehensive overview of the origins of trauma and we understand how traumatic memory remains with the individual...(yes..you will understand how this really does happen!)...we are then introduced to a new paradigm of treatment known as psychosensory therapy and specifically to a cure he calls havening as in finding a safe place. The cure itself is by using touch in a particular way which at first seems too simple, but if you read on and stay with the overall conceptualization you will learn a valuable healing technique. The concepts discussed open up a whole new way of thinking and working with mind body connections and with people's emotional

pain. I recommend this book highly...Keep it on your bookshelf as you listen to patients in emotional pain. It will help you break the code and free them from their suffering in a lasting way.

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