



## Healing Moments in Psychotherapy (Norton Series on Interpersonal Neurobiology)

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## Healing Moments in Psychotherapy (Norton Series on Interpersonal Neurobiology)

Distinguished clinicians explain what lies at the heart of change in effective psychotherapy.

A wide range of distinguished scientists and clinicians discuss the nature of change in the therapeutic process. Jaak Panksepp, Ian McGilchrist, Ruth Lanius, Francine Shapiro, and other luminaries offer readers a powerful journey through mindful awareness, neural integration, affective neuroscience, and therapeutic presence to reveal the transformational nature of therapy.

*Healing Moments in Psychotherapy* dives deep into the art and science of healing from the perspective of a variety of clinical approaches and scientific viewpoints, including interpersonal neurobiology. Through the voices of a dozen clinicians and scientists presenting their combined experiences and wisdom, it serves as a window into the process of healing. Practical examples and empowering research data support the ways in which therapeutic relationships can help catalyze health and restore wellness within psychotherapy.

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