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Throughout the stages of a child's development, there is an interplay between shock and developmental trauma. In early development, shock traumas—for example early surgery, an infant's or mother's illness, death in the family, or global events such as being born into wartime—have a disruptive effect on the attachment process.

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Last week I posted an article about the Harvard study on happiness, which found that strong social connections are the primary driver of happiness. No surprise there. What struck me, however, is how these findings relate to ACEs. I had just finished reading Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship , which addresses ...

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Healing from Developmental Trauma is a vital read for anyone looking to understand and recover from feelings of dissociation, hopelessness and despair. It is written with helpful case studies as well as insights into how body-based therapies can help one achieve a more in tune relationship with themselves.

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