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Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over

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three decades working with survivors. In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust.

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Mental Health @ Home

The Body Keeps the Score is the inspiring story of how a group of therapists and scientists— together with their courageous and memorable patients—has struggled to integrate recent advances in brain science, attachment research, and body awareness into treatments that can free trauma



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survivors from the tyranny of the past.

The Body Keeps The Score | Bessel van der Kolk, MD.

The Body Keeps the Score is a 2014 book by Bessel van der Kolk about the effects of psychological trauma, also known as traumatic stress. The book describes van der

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Kolk's research and experiences, on how individuals are affected by traumatic stress, and its effects on the mind and body.

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peers in the medical field. Through a mix of anecdotes about patients, stories about his personal life, scholarly citations, and general information, van der Kolk provides an overview of trauma, its source, and its treatment.

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Bessel van der Kolk (born 1943) is a

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psychiatrist, author, researcher and educator based in Boston, USA. Since the 1970s his research has been in the area of post-traumatic stress. He is the author of the New York Times best seller, *The Body Keeps the Score*.

Bessel van der Kolk - Wikipedia

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In *The Body Keeps the Score*, Bessel van der Kolk transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring - specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neuro feedback,

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mindfulness techniques, play, yoga, and  
other therapies.

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