

# Contents

Acknowledgments	ix
Preface	xi

## PART ONE

### THE THINKING BRAIN: CONSCIOUSNESS AND SELF-AWARENESS

1. Why Humans Need Therapy	3
2. Why Therapy Works	17
3. The Nonpresenting Problem	34
4. Using Our Minds to Change Our Brains	50
5. Those Things We Don't Remember Yet Never Forget	68

## PART TWO

### THE SOCIAL BRAIN: EMBODIED AND EMBEDDED

6. The Social Brain and Failure to Thrive	85
7. Attachment and Intimate Relationships	102
8. Core Shame	118
9. Social Status Schema: Our Place in the Social World	136
10. Helping Clients Become Alphas	156

**PART THREE**  
**DISSOCIATION AND INTEGRATION:**  
**APPLICATIONS TO PSYCHOTHERAPY**

11. Anxiety and Stress	181
12. Understanding and Treating Trauma	195
13. Complex Trauma: A Developmental Perspective	218
14. The Power of Coherent Narratives	236
15. Pain Is Inevitable; Suffering Is Optional	252
Index	263