

Contents

Acknowledgments	v
Introduction	1
PART I An Overview of the NeuroAffective Relational Model (NARM)	
1 The Trauma-Informed Movement	21
2 NARM Organizing Principles	55
PART II The NARM Therapeutic Model	
3 Pillar 1: Clarifying the Therapeutic Contract	91
4 Pillar 2: Asking Exploratory Questions	117
5 Pillar 3: Reinforcing Agency	141
6 Pillar 4: Reflecting Psychobiological Shifts	167
7 NARM Emotional Completion Model	193
8 NARM Relational Model	227
9 NARM Personality Spectrum Model	261

PART III Applying NARM with Clients

10	Clinical Transcript Demonstrating the NARM Organizing Principles (Brad session)	299
11	Clinical Transcript Demonstrating the NARM Organizing Principles (Larry session)	333
	Conclusion	361
	Appendix A: NARM Protocol	365
	Appendix B: NARM Personality Spectrum Worksheet . .	367
	Notes	373
	Index	379
	About the Authors	391