

Facilitating change in couple therapy by understanding how the brain works to maintain and break old habits. Human brains and behavior are shaped by genetic predispositions and early experience. But we are not doomed by our genes or our past. Neuroscientific discoveries of the last decade have provided an optimistic and revolutionary view of adult brain function: People can change. This revelation about neuroplasticity offers hope to therapists and to couples seeking to improve their relationship. *Loving With the Brain in Mind* explores ways to help couples become proactive in revitalizing their relationship. It offers an in-depth understanding of the heartbreaking dynamics in unhappy couples and the healthy dynamics of couples who are flourishing. Sharing her extensive clinical experience and an integrative perspective informed by neuroscience and relationship science, Mona Fishbane gives us insight into the neurobiology underlying couples' dances of reactivity. Readers will learn how partners become reactive and emotionally dysregulated with each other, and what is going on in their brains when they do. Clear and compelling discussions are included of the neurobiology of empathy and how empathy and self-regulation can be learned. Understanding neurobiology, explains Fishbane, can transform your clinical practice with couples and help you hone effective therapeutic interventions. This book aims to empower therapists and the couples they treat as they work to change interpersonal dynamics that drive them apart. Understanding how the brain works can inform the therapist's theory of relationships, development, and change. And therapists can offer clients neuroeducation about their own reactivity and relationship distress and their potential for personal and relational growth. A gifted clinician and a particularly talented neuroscience writer, Dr. Fishbane presents complex material in an understandable and engaging manner. By anchoring her work in clinical cases, she never loses sight of the people behind the science.

Twenty-Four Andy Warhols Paintings (Collection) for Kids, Kaplan and Sadocks Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, The Jungle Book, Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies), How to Make Money Blogging Blueprint, Brutal Pantomimes, Gold: A Novel, Beautiful Five Minutes (100 Principles of Deepening Your Love) (Chinese Edition), Catholic Legends: The Life and Legacy of Blessed Pope John Paul II, Psychology: Pearson New International Edition: Core Concepts,

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