Contents

Contributors vii

Preface by Daniel J. Siegel xi

- 1 Interpersonal Neurobiology From the Inside Out 1 A Brief Overview of a Consilient Approach to Personal, Public, and Planetary Flourishing Daniel J. Siegel
- 2 The Interpersonal Neurobiology of Therapeutic Mutual Regressions in Reenactments of Early Attachment Trauma 27 Allan N. Schore
- **3** The Interpersonal Neurobiology of Executive Functioning 59 Louis Cozolino, Carly Samuelson, & Chloe Drulis
- 4 The COVID-19 Pandemic Is a Challenge to Our Nervous System 73 A Polyvagal Perspective Stephen W. Porges
- 5 Beyond Attachment 85 Understanding Motivational Systems in Complex Trauma and Dissociation Kathy Steele
- 6 Becoming a Therapeutic Presence in the Counseling Room and the World 113 Bonnie Badenoch

7	Humiliation Is Not Just About the Intent to Shame and Degrade 135 Some Facets of the Psychotherapy of Trauma Related to Humiliation Richard A. Chefetz
8	Dysregulation and Its Impact on States of Consciousness 169 Daniel Hill
9	A Healing Context 195 Philosophical–Spiritual Principles of Sensorimotor Psychotherapy Pat Ogden
10	Addiction Recovery in a Time of Social Distancing 241

Oliver J. Morgan

- 11 Birds of a Feather 261 The Importance of Interpersonal Synchrony in Psychotherapy *Terry Marks-Tarlow*
- 12 Synchronizing Neurological States of Emotion in Family Therapy While Online 293 Daniel Hughes

Credits 313 Index 315