

gabor mate therapy

gabor mate therapy is a transformative approach to mental health and addiction treatment developed by Dr. Gabor Maté, a renowned physician and author. This therapeutic model emphasizes understanding the deep-rooted connections between trauma, emotional pain, and addictive behaviors. Rooted in compassion and holistic care, Gabor Maté therapy addresses not only symptoms but also the underlying causes of psychological distress. It integrates mind-body awareness, trauma-informed care, and a non-pathologizing stance toward addiction and mental illness. This article explores the foundational principles of Gabor Maté therapy, its core techniques, benefits, and practical applications in various clinical settings. Readers will gain insight into how this therapeutic approach fosters healing and resilience for individuals struggling with complex emotional challenges. The discussion will also cover how Gabor Maté's work influences contemporary psychotherapy and addiction recovery programs.

- Understanding Gabor Maté Therapy
- Core Principles of Gabor Maté Therapy
- Key Techniques and Therapeutic Practices
- Applications and Benefits of Gabor Maté Therapy
- Integrating Gabor Maté Therapy in Clinical Settings

Understanding Gabor Maté Therapy

Gabor Maté therapy centers on the interplay between trauma, emotional suffering, and addictive behaviors. Dr. Maté's work highlights how early childhood experiences, particularly adverse ones, shape the brain's development and influence mental health across the lifespan. Unlike conventional treatments that often focus on symptom management, this therapeutic approach seeks to uncover the root causes of distress by examining the individual's personal history and emotional landscape.

The Origins of Gabor Maté Therapy

Dr. Gabor Maté developed his therapeutic framework through decades of clinical practice, research, and personal exploration. His insights were drawn from his work in addiction medicine, palliative care, and trauma therapy. This therapy model emerged as a response to the limitations he observed in traditional psychiatric and addiction treatment methods, emphasizing a more compassionate and holistic perspective.

Key Concepts in Gabor Maté Therapy

Central to Gabor Maté therapy is the understanding that addiction and mental illness are not merely biochemical or behavioral issues but manifestations of deeper emotional wounds. The therapy addresses these wounds by fostering self-awareness, emotional honesty, and connection, which are essential for genuine healing.

Core Principles of Gabor Maté Therapy

The therapeutic approach developed by Dr. Maté is guided by several fundamental principles that distinguish it from other forms of psychotherapy and addiction treatment. These principles create a foundation for effective intervention and recovery.

Trauma-Informed Care

Gabor Maté therapy prioritizes recognizing and addressing trauma as a central factor in psychological and behavioral challenges. This trauma-informed approach ensures that therapy avoids re-traumatization and instead facilitates safety, trust, and empowerment for the client.

Compassion and Non-Judgment

Therapists practicing this model adopt a compassionate, non-judgmental stance. Understanding addiction and mental health issues as survival strategies rather than moral failings encourages empathy and supports more effective therapeutic relationships.

Holistic Mind-Body Integration

The therapy emphasizes the inseparable connection between mind and body. Emotional distress often manifests physically, and healing requires attention to both psychological and somatic experiences.

- Recognition of the body's signals and sensations
- Promotion of mindfulness and presence
- Integration of emotional, cognitive, and physical aspects of healing

Key Techniques and Therapeutic Practices

Gabor Maté therapy employs a variety of techniques designed to facilitate deep emotional healing and self-awareness. These practices are tailored to the individual's needs and therapeutic goals.

Reflective Listening and Dialogue

Therapists use reflective listening to validate the client's feelings and experiences, fostering a safe environment for open dialogue. This practice helps clients articulate their inner struggles and begin to understand their emotional patterns.

Exploration of Childhood Experiences

Therapy sessions often involve exploring early life events to identify traumatic experiences that contribute to current difficulties. This exploration is conducted sensitively to avoid overwhelming the client while providing insight into the origins of emotional pain.

Mindfulness and Somatic Awareness

Clients are encouraged to develop mindfulness skills and somatic awareness to better connect with their present-moment experiences. This helps in recognizing emotional triggers and bodily sensations linked to trauma and addiction.

- Breathing exercises to manage anxiety
- Body scans to detect physical tension
- Grounding techniques to enhance emotional regulation

Encouraging Emotional Expression

Allowing clients to express suppressed emotions is a crucial element of Gabor Maté therapy. Emotional release supports the healing of unresolved trauma and reduces reliance on addictive coping mechanisms.

Applications and Benefits of Gabor Maté Therapy

Gabor Maté therapy has been effectively applied in various contexts, particularly in addiction treatment and trauma recovery. Its holistic and compassionate approach offers numerous benefits for individuals facing complex psychological challenges.

Addiction Recovery

This therapeutic model reframes addiction as a response to trauma and emotional pain rather than a purely behavioral problem. By addressing underlying issues, Gabor Maté therapy supports sustainable recovery and reduces relapse rates.

Mental Health Treatment

Individuals with anxiety, depression, PTSD, and other mental health disorders benefit from this approach by gaining deeper self-understanding and developing healthier coping strategies. The therapy fosters resilience and emotional regulation.

Enhancing Self-Compassion and Awareness

Clients often report increased self-compassion and awareness, which are critical for long-term healing. This shift in perspective helps individuals break free from cycles of shame and self-criticism.

- Reduced symptoms of anxiety and depression
- Improved emotional regulation
- Strengthened interpersonal relationships
- Greater sense of meaning and purpose

Integrating Gabor Maté Therapy in Clinical Settings

Healthcare providers and therapists incorporate Gabor Maté therapy principles into diverse clinical environments to enhance treatment outcomes. This integration requires training in trauma-informed care and holistic therapeutic techniques.

Training and Professional Development

Clinicians seeking to apply Gabor Maté therapy principles benefit from specialized training programs that focus on trauma awareness, compassionate communication, and mind-body integration strategies. Such training improves therapeutic effectiveness and client satisfaction.

Collaborative and Multidisciplinary Approaches

Integration often involves collaboration among mental health professionals, medical providers, and addiction specialists. This multidisciplinary approach ensures comprehensive care addressing all facets of a client's health.

Challenges and Considerations

While Gabor Maté therapy offers many advantages, it requires careful application to avoid retraumatization and to respect client readiness. Therapists must balance deep emotional work with supportive pacing and boundaries.

Frequently Asked Questions

Who is Gabor Maté and what is his approach to therapy?

Gabor Maté is a renowned physician and author known for his work on addiction, trauma, and stress. His therapeutic approach emphasizes understanding the root causes of mental health issues, particularly childhood trauma and its impact on addiction and illness, advocating for compassion and holistic healing.

What are the core principles of Gabor Maté's therapy?

The core principles include recognizing the role of trauma in mental and physical health, the importance of compassionate inquiry, addressing emotional pain rather than just symptoms, and fostering connection and authenticity in the healing process.

How does Gabor Maté therapy address addiction?

Gabor Maté views addiction as a response to emotional pain and trauma rather than simply a behavioral issue. His therapy focuses on uncovering underlying traumas, understanding emotional triggers, and promoting self-compassion to support long-term recovery.

Is Gabor Maté therapy effective for treating trauma?

Yes, Gabor Maté's therapy is considered effective for treating trauma because it emphasizes compassionate understanding and addressing the root emotional wounds, which can lead to profound healing and improved mental health outcomes.

Can Gabor Maté therapy be combined with conventional treatments?

Absolutely. Gabor Maté's therapeutic approach can complement conventional treatments such as medication and cognitive-behavioral therapy by addressing underlying trauma and emotional factors that traditional methods may overlook.

What techniques are commonly used in Gabor Maté therapy sessions?

Techniques include compassionate inquiry, mindfulness, reflective listening, exploring childhood experiences, and encouraging emotional expression to help clients understand and heal their trauma and addiction.

Who can benefit from Gabor Maté therapy?

Individuals struggling with addiction, trauma, chronic stress, mental health disorders, and those seeking a deeper understanding of their emotional pain and healing can benefit from Gabor Maté's therapeutic approach.

Where can one find resources or practitioners trained in Gabor Maté therapy?

Resources can be found through Gabor Maté's official website, his books, online courses, and workshops. Practitioners trained in compassionate inquiry or trauma-informed therapy often incorporate his methods and can be located via therapy directories or professional networks.

Additional Resources

1. *When the Body Says No: The Cost of Hidden Stress*

This groundbreaking book by Gabor Maté explores the profound connection between stress, emotions, and physical illness. Maté argues that suppressed emotional pain and chronic stress can lead to serious health conditions. Through case studies and scientific research, he illustrates how understanding and addressing emotional well-being is crucial for healing.

2. *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

In this compassionate and insightful book, Gabor Maté delves into the nature of addiction, challenging conventional views about its causes and treatment. Drawing on his experience working with addicted individuals, he presents addiction as a response to emotional pain and trauma. The book offers a holistic approach to therapy emphasizing empathy and connection.

3. *Scattered Minds: The Origins and Healing of Attention Deficit Disorder*

Maté provides a deep exploration of ADHD, focusing on its roots in early childhood stress and environmental factors. He combines personal stories, clinical experience, and research to challenge the notion that ADHD is purely genetic or a disorder of willpower. The book advocates for compassionate, trauma-informed approaches to treatment.

4. *The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture*

This book critiques modern society and its impact on mental and physical health, revealing how cultural and systemic factors contribute to widespread trauma. Maté discusses how normalization of stress and dysfunction obscures true wellness. He offers insights into healing by reconnecting with authentic self-awareness and community.

5. *Hold On to Your Kids: Why Parents Need to Matter More Than Peers* (co-authored with Gordon Neufeld)

Although not solely by Maté, this influential book aligns closely with his therapeutic philosophy. It emphasizes the critical importance of parent-child attachment in healthy psychological development. The authors argue that peer orientation can undermine children's emotional security and resilience, suggesting ways to strengthen family bonds.

6. *Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship*

This work focuses on the long-term effects of early trauma on emotional and neurological development. It provides therapeutic strategies to help individuals understand and heal from developmental trauma. The book is a valuable resource for therapists and individuals seeking deeper healing.

7. *Compassionate Inquiry: A New Approach to Psychotherapy and Self-Discovery*

Gabor Maté introduces Compassionate Inquiry, a therapeutic method designed to uncover

unconscious dynamics driving illness and suffering. The book guides readers through practices that foster self-awareness and emotional healing. It serves as both a manual for therapists and a tool for personal growth.

8. *Mindful Parenting: A Guide to Raising Resilient and Compassionate Children*

Reflecting Maté's emphasis on attachment and emotional health, this book offers practical advice for parents to cultivate mindfulness and empathy in their child-rearing practices. It explores how mindful parenting can prevent trauma and promote psychological well-being. The approach encourages presence, patience, and authentic connection.

9. *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*

While not authored by Maté, this book complements his work by focusing on the body's role in trauma and healing. It introduces sensorimotor psychotherapy, which integrates physical awareness with emotional processing. The book is a useful companion for those interested in holistic trauma therapy aligned with Maté's principles.

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gabor mate therapy: Attachment Theory Thais Gibson, 2020-03-24 Build powerful current and future relationships by understanding your past In order to improve closeness and intimacy in all relationships, it is important to first understand the clear parallels between adult behavior and childhood experiences. Attachment Theory combines traditional teachings with knowledge of subconscious patterns to provide powerful tools for powerful change. Through interactive quizzes, wrap-up summaries, and real strategies you can implement in your daily life, you'll learn the tools needed to reprogram the outdated beliefs causing chaos in your life and relationships—romantic, platonic, or familial. Inside Attachment Theory, you'll find: What's your style?—Begin with the 4 basic attachment theory styles—Dismissive-Avoidant, Fearful-Avoidant, Anxious Attachment, and Secure Attachment. The best methods—Using the 3 primary forms of therapy—Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, and RAIN (Recognition, Acceptance, Investigation, Non-Identification)—you'll begin to reprogram your subconscious mind. Old meets new—Learn through a mix of traditional psychological methodologies and new, cutting edge techniques of attachment theory. With a firm understanding of attachment theory, you'll be on your way to healthier relationships.

gabor mate therapy: Sand Therapy for Out of Control Sexual Behavior, Shame, and Trauma Peg Hurley Dawson, 2023-10-03 This book is designed to educate sex therapists and mental health professionals on the power of using sand when treating sexual issues, providing guidance in accessing their clients' unconscious to seek new ways of healing. Uniquely integrating sex therapy with sand therapy, Dawson describes how understanding and applying non-pathological theories and neuroscience to different modalities, such as Internal Family Systems and Polyvagal Theory, can help clients move forward from shame, sexual dysfunctions, and trauma. The book begins by introducing how therapists can use sand as a doorway into using metaphor and imagery in their practice, with information on how the nervous system keeps somatic experiences trapped in the

body being explored. Written in an easy, accessible style, the book also includes handouts, belief cards, and case studies throughout to help therapists see the benefits of using sand with clients in practice. Including forewords by Dr. Lorraine Freedle and Doug Braun-Harvey, this book is geared toward mental health professionals, such as sex therapists and marriage and family therapists, who are working with individuals and couples seeking treatment from complex trauma and mental and sexual health issues. It will appeal to students as well as advanced mental health clinicians looking to expand their therapeutic tool kit.

gabor mate therapy: *The Neuroaffirming Therapy Handbook* Essy Knopf, 2024-09-01

Screaming into the void—this describes the experiences of many neurodivergent clients who come to therapy seeking our support. Often, they have encountered helping professionals who have overlooked, dismissed, or invalidated their unique identities and needs. If you aspire to be the difference but are unsure where to start, *The Neuroaffirmative Therapy Handbook: A Practitioner's Guide to Working with Autism and ADHD* is an essential resource. Authored by an autistic and ADHD therapist, this guide will explore how you can provide informed and affirming care that's specifically tailored to your client's neurodivergent identities. Inside, clinicians will discover:

- Insights into the nuances of neurodivergence.
- Common barriers to achieving accurate diagnosis.
- Detailed information on neurodivergent traits, behaviors, co-occurring conditions, and challenges.
- An exploration of how structural ableism contributes to attachment insecurity and heightened exposure to trauma.
- Techniques for building rapport and delivering effective psychoeducation.
- Strategies to address counterdependence and enhance client engagement.
- Methods to identify and alleviate neurodivergent stress responses.
- Comprehensive action plans designed to improve executive function and mental flexibility.
- Reviews of popular therapeutic modalities, including an introduction to a new approach specifically designed to address complex PTSD.
- Essential guidelines on the dos and don'ts of neuroaffirming therapy.
- Strategies to help clients cultivate personal growth, find community, and achieve fulfillment.

Using *The Neuroaffirmative Therapy Handbook*, you'll gain access to a comprehensive suite of tools designed to empower autistic and ADHD clients to lead lives rich with connection, satisfaction, and meaning.

gabor mate therapy: *Addiction Therapy and Treatment* Larry Fritzlan, LMFT, Avis Rumney, LMFT, 2023-01-17 Addiction is a national mental and medical health crisis, responsible for untold costs to society and severe suffering to innumerable people. Yet addiction treatment, as it is now practiced, fails half the time. The current treatment approach has changed little in the last 80 years and is a hodgepodge of often shady treatment approaches. This book presents a radically different addiction treatment paradigm, based on science, evidence and best practices, and has a success rate approaching 100% when followed closely. This model should profoundly upend the current addiction treatment industry. Nearly every addict lives in a social system--a family, workplace or community--that enables and supports, often unconsciously, the addict's addiction. Instead of the current addict-focused approach, this model extends treatment to the entire support system, starting treatment with the concerned family members. This model also proposes a single provider, the family recovery therapist, who manages treatment for the addict and the family from the first phone call through the first year of continuous sobriety. This book offers simple recommendations to both addiction treatment providers and family members impacted by this disease. It serves as a beacon of hope for families.

gabor mate therapy: *Bad Therapy* Abigail Shrier, 2024-02-27 NEW YORK TIMES BESTSELLER. From the author of *Irreversible Damage*, an investigation into a mental health industry that is harming, not healing, American children In virtually every way that can be measured, Gen Z's mental health is worse than that of previous generations. Youth suicide rates are climbing, antidepressant prescriptions for children are common, and the proliferation of mental health diagnoses has not helped the staggering number of kids who are lonely, lost, sad and fearful of growing up. What's gone wrong with America's youth? In *Bad Therapy*, bestselling investigative journalist Abigail Shrier argues that the problem isn't the kids—it's the mental health experts. Drawing on hundreds of interviews with child psychologists, parents, teachers, and young people,

Shrier explores the ways the mental health industry has transformed the way we teach, treat, discipline, and even talk to our kids. She reveals that most of the therapeutic approaches have serious side effects and few proven benefits. Among her unsettling findings: Talk therapy can induce rumination, trapping children in cycles of anxiety and depression Social Emotional Learning handicaps our most vulnerable children, in both public schools and private “Gentle parenting” can encourage emotional turbulence – even violence – in children as they lash out, desperate for an adult in charge Mental health care can be lifesaving when properly applied to children with severe needs, but for the typical child, the cure can be worse than the disease. Bad Therapy is a must-read for anyone questioning why our efforts to bolster America’s kids have backfired—and what it will take for parents to lead a turnaround.

gabor mate therapy: The Somatic Internal Family Systems Therapy Workbook Susan McConnell, 2025-01-07 The companion workbook to Somatic Internal Family Systems Therapy—a practical guide to the 5 pillars of embodied IFS for trauma therapists, Somatic Experiencing™ practitioners, and mental health healers With embodied exercises, foundational knowledge, and practical guidance, The Somatic Internal Family Systems Therapy Workbook shows therapists and clinicians how to embody the five practices of Somatic IFS: somatic awareness, conscious breathing, radical resonance, mindful movement and attuned touch. Each works together to facilitate trauma healing with clients and build embodied safety, integrate unresolved harm, and develop the ability to name, process, and understand emotional and somatic sensations. The workbook opens by inviting the therapist to explore their own Internal System, offering an embodied approach to experiencing the model. Chapter 1 explores and explains foundational concepts like somatics; embodiment; Parts; Self; and the cultural influences that shape and shift our embodied experiences. Chapters 2 - 6 move into theoretical grounding, clinical applications, and practical exercises for each of the five principles. They offer tools to: Develop clients' ability to name, describe, and convey sensations Recognize and track for signs of client overwhelm Work with Parts that fear body awareness Understand the purpose and clinical benefits of conscious breathing Restore the Embodied Self Explore therapeutic shifts from doing to to being with clients Heal attachment wounds Integrate mindful movement into healing developmental trauma Understand and practice attuned touch Each practice is designed to be used whenever it will be of benefit: the tools and exercises are non-linear and adaptable, and aren't limited by a prescriptive sequence. The workbook also explores links between current psychotherapeutic practice and ancient healing modalities, grounding SIFS in a larger web of effective somatic trauma healing and embodiment approaches.

gabor mate therapy: Psychedelic-Assisted EMDR Therapy Hannah Raine-Smith, Jocelyn Rose, 2025-03-20 Psychedelic-Assisted EMDR Therapy is a groundbreaking exploration of how eye movement desensitisation and reprocessing (EMDR) therapy can be harnessed to enhance the beneficial effects of psychedelic medications. EMDR is a clinically validated therapy that utilises bilateral stimulation of the brain to access and reconsolidate pathologically encoded memories. The protocolised methods outlined herein offer a practical roadmap for unlocking the full potential of EMDR within the context of psychedelic-assisted psychotherapies, paving the way for scalable psychedelic treatment options. Drawing upon a rich tapestry of research, case material and clinical insight, this book provides readers with a comprehensive understanding of how EMDR’s adaptive information processing (AIP) model conceptualises healing outcomes in psychedelic settings. Emphasising harm reduction, social justice and sustainability, this book systematically outlines a strong focus for the work, to ensure safer, more inclusive, equitable, environmentally conscious practices in psychedelic therapy delivery. Authored by experts in the field, this is a compelling resource that expands the horizon of contemporary psychedelic psychotherapy, offering a novel perspective and a confident new voice in trauma-responsive healing.

gabor mate therapy: Art Therapy in the Treatment of Addiction and Trauma Patricia Quinn, 2020-12-21 This book examines the benefits and uses of art therapy in the treatment of addiction and trauma, highlighting its effectiveness at revealing underlying causes and relapse triggers, as well as treating co-occurring conditions that impair learning and recovery. This book

also focuses on art therapy for trauma within specific populations, including incarcerated individuals, military personnel and survivors of commercial sexual exploitation. Quinn discusses how art therapy is often carried out alongside combined approaches, such as CBT and DBT, and how it can help those with cognitive issues to learn through treatment. Furthermore, this book explores the benefits art therapy has for people with co-morbid conditions, such as dementia, emotional disorders and traumatic and acquired brain injuries. With co-authored chapters from leading researchers in art therapy, the book demonstrates how art therapy can help to uncover triggers, process trauma and find a means of self-expression whilst working towards a sustained recovery.

gabor mate therapy: Healing Addiction EMDR Therapy Jamie Marich, Stephen Dansiger, 2021-08-09 There are just so many things that I love about this book that I simply don't know where to begin! Marich and Dansiger take an approach that is comprehensive, integrative, relational, and deeply hopeful. They share their wisdom and lived experience as skilled clinicians AND as vulnerable human beings who themselves have struggled with addiction, benefiting in profound ways from EMDR therapy... - Deborah Korn, Psy.D. Co-Author of Every Memory Deserves Respect: EMDR The Proven Trauma Therapy with the Power to Heal This must-read volume, offers clinicians a road map to navigate the often convoluted and intricate journey of accompanying clients suffering the aftermath of trauma and addictions. Clinicians will find in this book the guidance, foundational and advanced skills, as well as an incredibly rich repertoire of stabilization strategies... - Ana M. Gomez, MC, LPC Author of EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment and Dissociation Healing Addiction with EMDR is tailored to support therapists along the different phases of EMDR Therapy. It focuses on understanding each individual case, through case conceptualization and treatment planning, and avoiding the simplistic ;What protocol should we use? question. People need to be understood as individual beings since this is the essence of EMDR Therapy... - Dolores Mosquera, Co-Author of EMDR and Dissociation: The Progressive Approach INTRA-TP, A Coruña, Spain Offers a holistic, comprehensive approach to addiction treatment that combines standard EMDR therapy with specialty protocols This innovative and brand new EMDR therapy guide for healing addiction is the first book to underscore the efficacy of EMDR therapy as a primary modality for treating trauma and addiction. Targeting the trauma lurking beneath the addiction, the resource presents a comprehensive collection of best practices and strategies for using EMDR therapy to treat addictive disorders, and guides practitioners in incorporating their protocols of choice into EMDR treatment. While illuminating underlying theory, the book focuses on practice knowledge and how therapists can translate this knowledge into clinical settings in order to provide clinicians with a fully-integrated approach to the diagnosis, treatment, and management of addiction across populations Written in user-friendly language by two prominent practitioners and trainers of EMDR therapy, the book helps therapists to address the complexity of addictive disorders by providing a comprehensive guide to the standard eight-phase protocol and adaptive information processing model as groundwork for case conceptualization and treatment. Chapters contain case studies with commentary on relevant decision-making points along with discussion questions to enhance critical thinking. Abundant "Tips and Tricks" learned in the trenches make the text come alive with clinical relevance, and references to many of the best specialty protocols and strategies for treating clients suffering from addiction due to trauma, guide readers to choose the best protocol for each situation. Purchase includes digital access for use on most mobile devices or computers. Key Features: Authors' lived experience brings a wealth of real-world application Introduces the standard EMDR therapy protocol as a modality of choice for treating trauma and addiction disorders Rates popular specialty protocols for addiction and provides guidance on how to integrate them into treatment Delivers a wealth of best practices and strategies for working with clients with addiction issues Addresses effectively working with dissociation in EMDR therapy Focuses on best practice informed by a thorough review of up-to-date scholarly literature Uses abundant case studies, "Tips and Tricks from the Field" and practical exercises to reinforce knowledge

gabor mate therapy: A Polyvagal Informed Approach to Therapeutic Work with Children and Young People Karen O'Neill, Tara McDonald, 2025-01-31 A Polyvagal Informed Approach to

Therapeutic Work with Children and Young People presents a guide to best supporting children and young people through a polyvagal lens. Through this neurophysiological framework of the Polyvagal Theory, the authors consider why children adopt protective strategies, unravelling the mysteries of the nervous system, emotions, and social connection. Linking aspects of attachment theory, developmental trauma, and adverse childhood experiences, the authors explore what shapes behaviour. They delve into perspectives of play and metaphor within the context of the Polyvagal Theory, utilising six storytellers who bring this theory to life, embodying real struggles and highlighting the adaptations children make for survival. Throughout this book, clear explanations, practical examples, and actionable strategies are offered to help the reader to understand and apply a polyvagal framework when working with children and young people. This text is an accessible and important resource for all qualified child therapists, trainees, and professionals interested in the mental health of children and young people.

gabor mate therapy: *Treating Trauma and Addiction with the Felt Sense Polyvagal Model* Jan Winhall, 2021-06-24 In sharp contrast with the current top-down medicalized method to treating addiction, this book presents the felt sense polyvagal model (FSPM), a paradigm-shifting, bottom-up approach that considers addiction as an adaptive attempt to regulate emotional states and trauma. The felt sense polyvagal model draws from Porges' polyvagal theory, Gendelin's felt sense, and Lewis' learning model of addiction to offer a graphically illustrated and deeply embodied way of conceptualizing and treating addiction through supporting autonomic regulation. This model de-pathologizes addiction as it teaches embodied practices through tapping into the felt sense, the body's inner wisdom. Chapters first present a theoretical framework and demonstrate the graphic model in both clinician and client versions and then teach the clinician how to use the model in practice by providing detailed treatment strategies. This text's informed, compassionate approach to understanding and treating trauma and addiction is adaptable to any school of psychotherapy and will appeal to addiction experts, trauma specialists, and clinicians in all mental health fields.

gabor mate therapy: *The Therapeutic Use of Ayahuasca* Beatriz Caiuby Labate, Clancy Cavnar, 2013-11-22 This book presents a series of perspectives on the therapeutic potential of the ritual and clinical use of the Amazonian hallucinogenic brew ayahuasca in the treatment and management of various diseases and ailments, especially its role in psychological well-being and substance dependence. Biomedical and anthropological data on the use of ayahuasca for treating depression, PTSD, and substance dependence in different settings, such as indigenous contexts, neo-shamanic rituals, contemporary therapeutic circles, and in ayahuasca religions, in both South and North America, are presented and critiqued. Though multiple anecdotal reports on the therapeutic use of ayahuasca exist, there has been no systematic and dense reflection on the topic thus far. The book brings the therapeutic use of ayahuasca to a new level of public examination and academic debate. The texts in this volume stimulate discussion on methodological, ethical, and political aspects of research and will enhance the development of this emergent field of studies.

gabor mate therapy: *Principles and Themes in Yoga Therapy* James Foulkes, 2017-07-21 Provides a brief history of yoga therapy before offering a new way to think about anatomy and the wholeness of the human being. Through case studies, the author explores different principles of practice with tips for yoga therapy practitioners to develop their working client relationship and their own conditioning.

gabor mate therapy: *Advances in Group Therapy Trauma Treatment* Leonardo M. Leiderman, Bonnie J. Buchele, 2025-02-13 *Advances in Group Therapy Trauma Treatment* contains compelling theoretical, clinical, and research advances in group trauma therapy by leading experts in the field. This timely book includes short-term integrated and long-term psychodynamic group therapy models from several theoretical perspectives, with informative clinical illustrations in each chapter describing how to foster co-regulation of affect, treat disturbances in attachment, and address dissociation, shame, primitive defenses, and enactments associated with PTSD, complex PTSD, and sexual abuse. Interventions to address the harm and loss of safety following mass trauma that are often mirrored in large and small psychotherapy groups are described. Unique to this

volume is the role of diversity, the necessary adaptations of group therapy models to different cultures, and the relationship of trauma to structural and systemic racism, hate, and bigotry. Finally, leadership considerations such as training, ethical guidelines, supervision, pre-group preparation, and self-care for group therapists will be enumerated. Integrating well-established group theory and techniques with new practice and research findings, this book is indispensable to mental health professionals who treat traumatized individuals.

gabor mate therapy: *Somatic-Oriented Therapies* Herbert Grassmann, Maurizio Stupiggia, Stephen W. Porges, 2025-02-04 An innovative collection of research and theory from leading voices in the fields of trauma and somatic therapies. *Somatic-Oriented Therapies* represents a significant consolidation of innovative research and clinical approaches aimed at addressing trauma through various somatic modalities. In the past six decades, a multitude of therapeutic methods have emerged globally, revolutionizing trauma treatment and existential distress management. However, these approaches have often diverged, hindering the development of a cohesive, distinct field independent of traditional paradigms. This volume of collected work from some of the world's leading experts in trauma aims to delineate this novel domain of research and clinical intervention. It elucidates the common thread linking the contributing authors and introduces a new clinical perspective. Central to this perspective is the recognition of the profound significance of the body-to-body relationship between therapist and patient; the critical role of trust establishment within the clinical context as a prerequisite for deep transformation; and the possibility to "question" the body, finding "unthought-of" avenues of transformation. Contributors include: Michael Allison, Martina Ardizzi, Ken Benau, David Bercei, Sue Carter, Cristiano Crescentini, Francesca Ferroni, Aaron Freedman, Vittorio Gallese, Jeltje Gordon-Lennox, Susan Harper, Molly Boeder Harris, Bach Ho, Steve Hoskinson, Hanneke Kalisvaart, J. David Knottnerus, Jacek Kolacz, Aline La Pierre, Rabih Lahoud, Francois Le Doze, Chairaa Marazzi, Alessio Matiz, Emily Newcomer, Pat Ogden, Antonia Pfeiffer, Betsy Polatin, Alessandra Pollazon, Robert Schleip, Arielle Schwartz, Raja Selvam, Jane Shaw, Marlysa Sullivan, Jennifer Tantia, Chantal Traub, Donnalea Van Vleet Goelz, Ruby Jo Walker, Jan Winhall, Zabie Yamasaki, and Silvia Zanotta.

gabor mate therapy: *Stepping into Emotionally Focused Therapy* Lorrie L. Brubacher, 2024-09-30 This accessible, practical, and thoroughly updated second edition introduces and presents how emotionally focused therapy can be used effectively across all three modalities, couple, family, and individual therapy, with clients from a diversity of backgrounds. Responding to critical updates in the field, this second edition once again follows Emily, an EFT therapist, to demonstrate how EFT can be used in practice. With updated references, research, and terminology throughout, this new edition reflects recent theoretical and practical updates by refocusing the model toward therapist interventions, such as the EFT Tango, rather than the client change events, making it more accessible for readers to learn. It addresses the current need to integrate explicit socio-cultural sensitivity into EFT by including diverse case studies, explicit discussion of how the model can be applied with a diversity of clients, and how EFT therapists can integrate cultural sensitivity and attunement across multiple and diverse identities, such as race, gender, sexual orientation, disabilities, neurotypicality, class, and religion. It can also be used alongside a practical new workbook, *Workouts for Stepping into Emotionally Focused Therapy*, providing therapists with all the tools needed to confidently integrate this approach into their practice. This book is an essential read for all marriage and family therapists in practice and in training as well as counselors who are looking to use EFT with couples, families, and individuals.

gabor mate therapy: *Therapy in the Age of Neuroscience* Peter Afford, 2019-07-31 *Therapy in the Age of Neuroscience: A Guide for Counsellors and Therapists* is an essential guide to key areas of neuroscience that inform the theory underlying psychotherapy, and how they can be applied to practice. Laying out the science clearly and accessibly, it outlines what therapists need to know about the human nervous system in order to be able to engage with the subject. Chapters cover the neuroscience underlying key aspects of therapy such as relationships, emotion, anxiety, trauma and dissociation, the mind-body connection, and the processes which enable therapists to engage deeper

aspects of mind and psyche. This book responds to the need for counsellors and therapists to have an accessible and comprehensive guide to how contemporary neuroscience views mind and body. Therapy in the Age of Neuroscience will appeal to psychotherapists, counsellors and other mental health professionals who wish to learn more about how to integrate neuroscience into their work.

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