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Restoring Resilience provides an innovative and convincing roadmap to optimize clients' resilience through the clinical interaction. Embedded in Russell's model is an understanding that resilience is a core component of the healthy individual that, as a construct, mirrors the physiological construct of homeostasis.

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In this book, therapists will learn how to identify the potential for resilience in clients and help them cultivate and deepen it for lasting change.Drawing on interpersonal neurobiology and affect regulation research, as well as a number of theoretical orientations including Accelerated Experiential Dynamic Psychotherapy, Focusing, attachment theory, and EMDR, Russell provides the essential ...

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