

CONTENTS

List of Figures	viii
List of Tables	ix
Introduction to the NeuroAffective Relational Model™	1

PART A. THE FIVE ADAPTIVE SURVIVAL STYLES

1. Overview	31
2. Connection • <i>The First Organizing Principle</i>	37
3. Attunement • <i>The Second Organizing Principle</i>	47
4. Trust • <i>The Third Organizing Principle</i>	57
5. Autonomy • <i>The Fourth Organizing Principle</i>	69
6. Love and Sexuality • <i>The Fifth Organizing Principle</i>	79

PART B. THE CONNECTION SURVIVAL STYLE

7. Physiology and Trauma • <i>Understanding the Impact of Trauma on Development</i>	93
8. The Beginning of Our Identity • <i>Understanding the Connection Survival Style</i>	125
9. Transcript of a NARM™ Therapy Session with Commentary	161
10. Moving Toward Resolution • <i>Connecting with Self and Others</i>	181
11. Healing the Relational Matrix • <i>NARM™ and NeuroAffective Touch® in the Long-Term Treatment of Early Developmental/Relational Trauma</i>	237
12. Healing the Distortions of the Life Force • <i>A Systemic Approach</i>	273
Further Reading	289
Index	291
About the Authors	305