



EMOTIONAL NEGLECT AND THE ADULT IN THERAPY

Lifelong Consequences to a Lack of Early Attunement

Kathrin A. Stauffer

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A clinical examination of the ways in which early neglect can impact adults throughout their lives and suggestions for therapists on how to help.

People who have experienced emotional neglect in the first months and years of life suffer negative consequences into adulthood. As adult psychotherapy clients, they require long-term work and delicate emotional attunement as well as a profound understanding of the experiences that have shaped their inner worlds.

Emotional Neglect and the Adult in Therapy provides therapists with an in-depth view of the subjective experience of such “ignored children” and a range of possible theoretical models to help understand key features of their psychological functioning. Kathrin A. Stauffer presents do’s and don’ts of psychotherapy with such clients. She draws on broad clinical experience to help psychotherapeutic professionals deepen their understanding of “ignored children” and outlines available neurobiological and psychological data to assist therapists in designing effective therapeutic interventions.

KATHRIN A. STAUFFER, PHD, was born and educated in Switzerland. Originally a biochemist, she retrained as a body psychotherapist and currently works in private practice in Cambridge and London as a body psychotherapist, biodynamic massage therapist, trainer and supervisor.

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