



The First Year and the Rest of Your Life: Movement, Development, and Psychotherapeutic Change

Ruella Frank, Frances La Barre

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The movement repertoire that develops in the first year of life is a language in itself and conveys desires, intentions, and emotions. This early life in motion serves as the roots of ongoing nonverbal interaction and later verbal expression – in short, this language remains a key element in communication throughout life.

In their path-breaking book, gestalt therapist Ruella Frank and psychoanalyst Frances La Barre give readers the tools to see and understand the logic of this nonverbal realm. They demonstrate how observations of fundamental movement interactions between babies and parents cue us to coconstructed experiences that underlie psychological development. Numerous clinical vignettes and detailed case studies show how movement observation opens the door to understanding problems that develop in infancy and also those that appear in the continuing nonverbal dimension of adult communication.

Their user-friendly nonverbal lexicon – foundational movement analysis – enhances perception of emerging interactive patterns of parents and their babies, couples, and individual adults within psychotherapy. Clinicians in any setting will find this book to be a masterful application of infant research and movement theory that significantly augments clinical acumen and promotes greater understanding of the nonverbal basis of all relationships.

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Joan Green:

The reason? Because this The First Year and the Rest of Your Life: Movement, Development, and Psychotherapeutic Change is an unordinary book that the inside of the book waiting for you to snap this but latter it will distress you with the secret it inside. Reading this book beside it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your ability and your critical thinking means. So , still want to hold up having that book? If I have been you I will

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