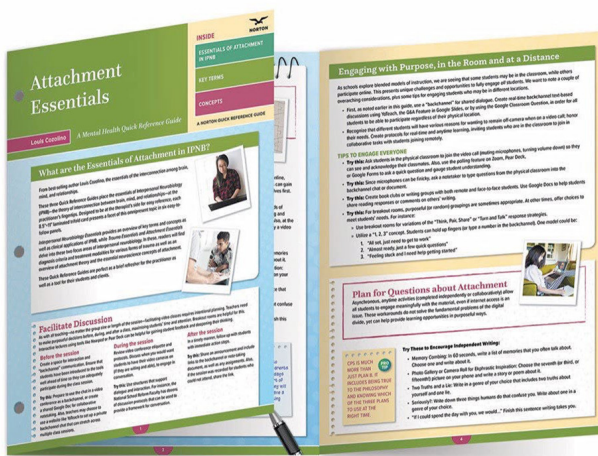


BOOK REVIEW

Trauma Essentials, Interpersonal Neurobiology Essentials, Attachment Essentials

by Louis Cozolino

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Trauma Essentials, Interpersonal Neurobiology Essentials, Attachment Essentials

Louis Cozolino

Publication Date: 2022

Publisher: Norton Professional Books

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few months ago, our editor-in-chief asked me to review three titles by Dr. Louis Cozolino. She knows I love his books, and especially the way he transforms intricate knowledge into understandable and memorable units of knowing.

The titles were: *Trauma Essentials*, *Interpersonal Neurobiology Essentials*, and *Attachment Essentials*.

I feared that simultaneously reviewing three books would be a rather cumbersome experience, but being a Cozolino fan, I said yes. When the Norton package arrived, I thought there must be a mistake. The package was so thin! I opened it and found three six-page laminated foldouts!

These laminated foldouts, published in 2022, are part of the Norton Series on Interpersonal Neurobiology and Norton's Quick Reference Guides (NQRG).

Each of the three foldouts encapsulates key knowledge and considerations based on their titles. Pictures, quotes, and windows organize the content in a pleasant, easily accessible way. The closing of each foldout, the *Concluding Thoughts*, offer the author's point of view

from the perspective of interpersonal neurobiology (IPNB) as a young multidisciplinary field.

- In **Trauma Essentials**, Cozolino begins by describing the evolutionary neurobiology of anxiety and fear. The next module differentiates diagnoses based on symptoms and their origins. The third module describes the *Underlying Mechanisms of Post-Traumatic Stress Disorder*, followed by *Theories and Speculations*.

Cozolino ends this reference foldout with *Treatment Modalities*, which include somatic therapies and treatment considerations in which he describes possible therapeutic setbacks.

- **Interpersonal Neurobiology Essentials** is set up slightly differently. The modules begin with *The Big Ideas*, in which he describes the core concepts of the social brain, the social synapse, and sociostasis, along with important terms that include attachment, integration, mind, and awareness. In the next module, he succinctly describes *Central Neuroscience Concepts*, connecting brain function with experience-dependent development, plasticity, and mirror neurons.

In *Executive Functioning*, he describes the primitive amygdala executive system, the parietal-frontal executive system, and, finally, the default mode executive system, and covers the importance of their synergy in how well we navigate our social, physical, and inner worlds.

The third module, titled *The Biochemistry of Bonding*, focuses on the function of neuropeptides and monoamines, emphasizing the action of opioids, oxytocin, vasopressin, and dopamine.

The last but not least of the modules is the apex of the pamphlet, focusing on the *Clinical Application* of the offered knowledge. Thus, in this module, Cozolino describes core shame, affect regulation, the vital half-session, amygdala whispering, and the experience of getting triggered.

- In **Attachment Essentials**, Cozolino opens with a module called *The Big Ideas*. He describes the social brain, the social synapse, and sociostasis as the core of attachment theory and interpersonal neurobiology.

In the second module, *Research Strategies*, he encapsulates attachment schemas and the Adult Attachment Interview (AAI), with a focus on the analysis of coherence – namely, the structure, logic, and understandability of a client’s narrative. The module concludes with a description of the four forms of attachment.

In the third module, Cozolino connects attachment with the *Central Neuroscience Concepts*, which include experience-dependent development, plasticity, mirror neurons, attachment, and executive functioning, as well as the biochemistry of bonding and social motivation.

Finally, in *Clinical Applications*, Cozolino marvelously connects the therapeutic relationship, transference, and countertransference, and developing a hypothesis about a client’s childhood experience using the attachment essentials.

Studying the three foldouts, I realized how wisely the three titles interconnect, offering the practitioner a completely new path for connecting interpersonal neurobiology concepts. This desktop referral tool is a quick guide to tons of useful, practical knowledge that we all more or less know, but may have never organized in this way.

Via these foldouts, Cozolino once more enriches our everyday practice, making our work of synchronizing attachment and executive functioning easier and more reliable.



Antigone Oreopoulou studied biology at the University of Thessaloniki, Greece, and earned her MSc in nutrition from the University of Toronto Medical School. She has an MA in Psychology from the University of Indianapolis, and a second MA in Public Relations and Communication from the American College of Greece, Communication Department. She is trained in Biosynthesis, trauma therapy, and clinical hypnosis. For decades, she has trained health and education professionals in communication, and midwives in how to connect with couples during pregnancy and birthing. She was Managing Editor of the International Body Psychotherapy Journal, has written four books, and is currently Vice President of the HELPHELLAS Volunteering Academy.