

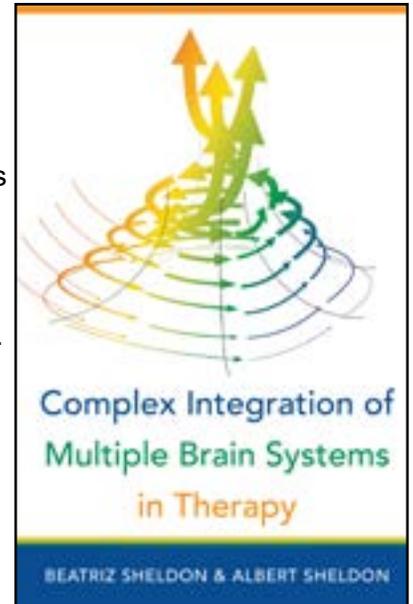
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Complex Integration of Multiple Brain Systems in Therapy

Beatriz and Albert Sheldon have spent the last 20 years developing the novel therapeutic paradigm called Complex Integration of Multiple Brain Systems (CIMBS). Integrating groundbreaking research on neuroplasticity, brain development, and therapeutic change, this book details a novel neurobiological and psychotherapeutic paradigm—and reveals how therapists can use this paradigm for more successful treatment.

Clients arrive to therapy troubled by deeply ingrained neural circuits and emotional habits. The authors illustrate how integrating self-affirming, nonconscious emotional resources changes rigid, maladaptive neural circuits. This allows the emergence of more complex and flexible mental functioning and produces more successful psychotherapeutic outcomes.

Translating their academic, scientific, and clinical research and successful training courses into a reference work that you can hold in your hands and savor at leisure, the Sheldons have produced an approachable, intriguing, yet comprehensive milestone in the psychotherapeutic literature.



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PRAISE for the book

“Wow, what a book. This extraordinary summary of clinically relevant brain science is clearly written, thoroughly practical, and infused with caring for the people we work with. It provides a necessary foundation for early career therapists while also offering many fresh insights for experienced clinicians. The overall approach is truly brilliant. Highly recommended.” —**Rick Hanson, PhD**, author of *Buddha’s Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*

ABOUT the AUTHORS

BEATRIZ SHELDON, M.Ed, Psych. has practiced psychotherapy for forty years in four languages. Ms. Sheldon received specialized post-graduate training in short-term dynamic psychotherapy at McGill University in Montreal, Canada. Director of a psychotherapy training program for advanced clinicians in Vancouver, Canada, she and Albert have researched and taught psychotherapy together for 20 years.



ALBERT SHELDON, MD, a clinical professor of psychiatry at the University of Washington, Seattle, has specialized in the research, practice and training of psychotherapy for 35 years. Dr. Sheldon received a Bush Medical Fellowship to study psychotherapeutic processes from a psychophysiological perspective. The development of the CIMBS paradigm is a result of the Sheldon’s research and teaching experiential psychotherapy to clinicians throughout North America and Europe.



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