



# **Creative Meditations for Complex Trauma and Dissociation: Fostering Mindfulness to Facilitate Growth**

*Christine C. Forner*

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*Creative Meditations for Complex Trauma and Dissociation* is a unique exploration of the power of meditation and mindfulness in healing symptoms of dissociation and complex trauma. Positing a connection between the absence of mindfulness-related skills and the degree of engagement of the medial prefrontal cortex, the book provides practical tips for deepening engagement and shows clinicians how to integrate psychological practices with emerging information on neurobiology to more effectively treat complex trauma, PTSD, and dissociation. An accompanying resources page includes downloadable audio files with guided meditations that therapists can use with clients.

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