

"A thorough guide to a modality of therapy far deeper than the prevailing cognitive and behavioral treatments."

—Gabor Maté, MD, author of *When the Body Says No*

# THE PRACTICAL GUIDE FOR HEALING DEVELOPMENTAL TRAUMA

*Using the NeuroAffective Relational Model  
to Address Adverse Childhood Experiences  
and Resolve Complex Trauma*



LAURENCE HELLER, PhD AND BRAD J. KAMMER, LMFT

# Healing Trauma Guide 2025 Edition

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