The Psychobiology of Chronic Headache

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This is the first new book in many years to provide a comprehensive review of the latest theory, research, and treatment of chronic headaches from a biopsychological perspective. It is designed to make the tools of assessment and therapy widely accessible, while placing them in the context of how the Subcellular psychobiology is an entirely new field of medicine. As far as we know, no one else has yet published in this area. Our first book on subcellular psychobiology (shown above) is a handbook for practicing therapists (now available on Amazon.com). Thus, when we think about healing, we have two sides of the same coin - one side is the past (developmental trauma), the other side is the present (the subcellular interior). Developmental psychobiology looks at early stages of growth, both from the perspective of biology and from the perspective of experiential regression therapies. Using regression techniques, such as our own Whole-Hearted Healing, people can remember and relive those very early developmental stages for both investigation and healing.