Affect Dysregulation and Disorders of the Self/Affect Regulation and the Repair of the Self (two-volume set) by Allan N. Schore

Excellent, Informative, Readable Resource

The latest work from a pioneer in the study of the development of the self. In 1994 Allan Schore published his groundbreaking book, Affect Regulation and the Origin of the Self, in which he integrated a large number of experimental and clinical studies from both the psychological and the biological disciplines in order to construct an overarching model of social and emotional development. Since then he has expanded his regulation theory in more than two dozen articles and essays covering multiple disciplines, including neuroscience, psychiatry, psychoanalysis, developmental psychology, attachment, and trauma. These two volumes are the first presentation of his comprehensive theory in book form as it has developed since 1994. Affect Dysregulation and Disorders of the Self contains writings on developmental affective neuroscience and developmental neuropsychiatry. Affect Regulation and the Repair of the Self contains chapters on neuropsychoanalysis and developmentally oriented psychotherapy. Absolutely essential reading for all clinicians, researchers, and general readers interested in normal and abnormal human development.

My Personal Review:
Allan Schore’s books provide evidence of the most concrete kind for the benefits of long-term psychotherapy. With the advent of managed care and the hyperactive sales and advertising of psychotropic medication, not only ordinary consumers but psychotherapists themselves begin to believe their work is unnecessary at best. These two volumes are a collection of papers that bring together evidence from brain research and attachment theory to explain the very solid basis for mind change and therefore brain development that results from caregiving relationships. As a psychotherapist, I am profoundly grateful for the breadth and depth of these scholarly volumes. Dr. Schore stands as a courageous voice against
the steamroller of the current industrial mental health system, giving us scientific evidence in their own language.

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