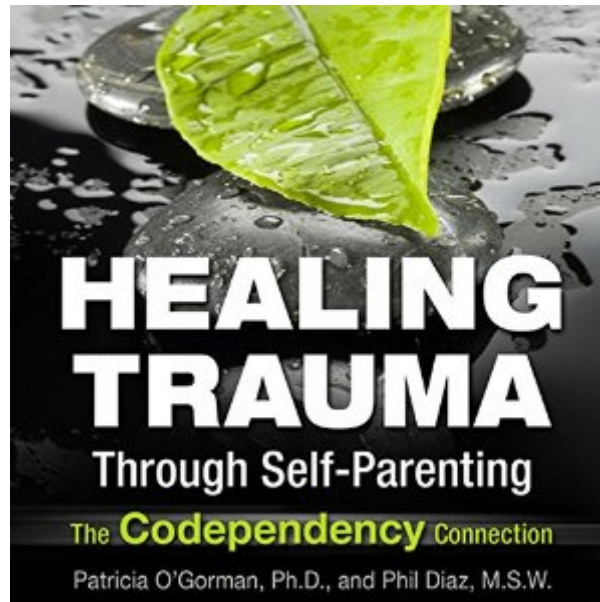


The book was found

Healing Trauma Through Self-Parenting: The Co-Dependency Connection



Synopsis

Self-healing through self-parenting, a concept introduced a generation ago, has helped thousands of adult children of alcoholics who are codependent and have conflicts in their primary relationships. Now Patricia O’Gorman, PhD, and Phil Diaz, MSW, authors of the classic book *The 12 Steps to Self-Parenting for Adult Children* and its companion workbook, expand the reach of that successful healing paradigm to anyone who has suffered from any kind of trauma. Whether they grew up in a dysfunctional home, were victims of violence, or suffered other types of acute distress, many people struggle to determine the impact of earlier trauma on current adult decision making. O’Gorman and Diaz show how trauma is a driver of dysfunctional behaviors and linked with codependency, and they offer a concise yet detailed resource for survivors and thrivers as well as the professionals who work with them. Through a process modeled after the 12 Steps of AA, *Healing Trauma Through Self-Parenting: The Codependency Connection* offers help to a broad array of listeners (not just those who are ACOAs) by healing the wounded inner core and helping listeners reconnect to their inner child.

Book Information

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in Books > Health, Fitness & Dieting > Mental Health > Codependency

Customer Reviews

This book took many of the ideas and concepts that I have learned in recovery and brought them together in a tremendously "Real World" useful way. It incorporates many of the concepts of the 12 steps and traditions of CoDA. While parts of the book dealing with PTSD may not be relevant to all people dealing with codependency, there are so many beneficial thoughts and activities to aid

anyone with their own recovery. I highly recommend this book. One of the best codependency recovery books I have read. A++I would like to add that this may not be the best "First book" for those coming to understand codependency. It is a book that is better understood after reading some of the more "introductory" books such as "Codependant No More" by Melody Beattie or "Facing Love Addiction" by Pia Melody.

Trauma continues to be one of the most misunderstood, misdiagnosed, and under-diagnosed conditions we face as counselors and psychotherapists. Its tentacles reach into many of our clinical cases (perhaps may more than we think!). It impacts our clients and their family members in a variety of ways. My current work as a medical family therapist in a large cancer practice convinces me that screening for trauma is something we all should do. O'Gorman & Diaz have written a readable and insightful book about trauma, both the highly impactful events that often make the news (natural disasters, combat, terrorist attacks, rape and abuse) and the pervasive yet less gripping traumatic experiences that often scar persons for life (neglect, parental violence and divorce, bullying, etc.). They show how persons cope with both kinds of trauma in startlingly similar ways, and demonstrate how trauma can often lead to a codependent style of relating with others. They explain the linkages between trauma and codependency, and provide knowledge & skills about how to alter their impact on our lives. This is an important book for clinicians and counseling students. It can also reach into the hearts and lives of persons affected by these twin challenges to healthy living. I am already using the book with my patients, and will be assigning it for my students. Thank you, Pat and Phil. Ollie Morgan, Ph.D., LMFT Resilience Counseling Associates

A great book on codependency and self-parenting without any new-age garbage thrown in. The book covers what codependency is, how it happens, and what you can do about it. I will be keeping this in my library for reference! Ollie Morgan's review on this book takes the words right out of my mouth.

This well-written, easily read book contains wonderful examples and suggestions for simple therapeutic activities. The examples are easy to identify with and the text is carefully constructed. Good for practitioners and laypersons.

Well written and very insightful and practical. I especially enjoyed the connection between trauma and codependency and the steps to overcome such trauma. I plan to reference this book in trauma

classes I teach at the university.

After being in therapy for more than 5 years, this book has finally made me better understand what I was afraid to admit: the emotional and psychological abuse from the family was real - and never to be denied again. At age 25, I am grateful to have found this reading which helps me in salvaging my spirit, sense of self and future relationships from destructive tendencies. Granted, nothing in life is perfect, but to work on understanding what trauma has done to your life, you can now walk with a much greater sense of peace whilst doing this very brave work. This book is an incredible guide in helping survivors.

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