



Healing the Trauma of Domestic Violence: A Workbook for Women (New Harbinger Self-Help Workbook)

Mari McCaig MSW, Edward S. Kubany PhD ABPP

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Many women who free themselves from violent domestic situations experience symptoms of post-traumatic stress disorder (PTSD) long after they achieve physical and emotional safety. A ringing telephone or a crowded city street threatens a potential encounter with their abuser. People they care for seem far away, and things they used to enjoy offer neither pleasure nor relief. Their long, sleepless nights drag on.

If you've freed yourself from an abusive relationship but still suffer from its effects, this program of trauma recovery techniques can help you take back your peace of mind. Based on a clinically proven set of techniques called cognitive trauma therapy (CTT), the exercises in this workbook will help you address feelings of guilt, anger, depression, anxiety, and stress. You'll learn how to break down the negative thoughts that might be cycling in your mind and how to replace them with positive, constructive affirmations. Later in the program, you'll be guided through controlled exposure to abuse reminders, which will enable you to face the fears you might otherwise spend a lifetime avoiding. The program begins and ends with techniques for becoming your own best advocate—an informed, confident person with all the strength you need to create the secure, fulfilling life you deserve.

- Recognize the effects of trauma on your life
- Let go of anger, stress, shame, and guilt
- Change core beliefs that can lead to involvement in abusive relationships
- Confront and overcome your fears
- Dispel feelings of helplessness
- Avoid future involvement with potential abusers

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Luis Gray:

The book untitled Healing the Trauma of Domestic Violence: A Workbook for Women (New Harbinger Self-Help Workbook) contain a lot of information on the idea. The writer explains the woman idea with easy means. The language is very clear to see all the people, so do not necessarily worry, you can easy to read it. The book was authored by famous author. The author brings you in the new period of time of literary works. It is possible to read this book because you can keep reading your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can start their official web-site as well as order it. Have a nice examine.

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Donna Vandyne:

Within this era which is the greater particular person or who has ability to do something more are more precious than other. Do you want to become one among it? It is just simple approach to have that. What you must do is just spending your time almost no but quite enough to enjoy a look at some books. One of the books in the top list in your reading list is actually Healing the Trauma of Domestic Violence: A Workbook for Women (New Harbinger Self-Help Workbook). This book that is certainly qualified as The Hungry

Inclines can get you closer in growing to be precious person. By looking way up and review this publication you can get many advantages.

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