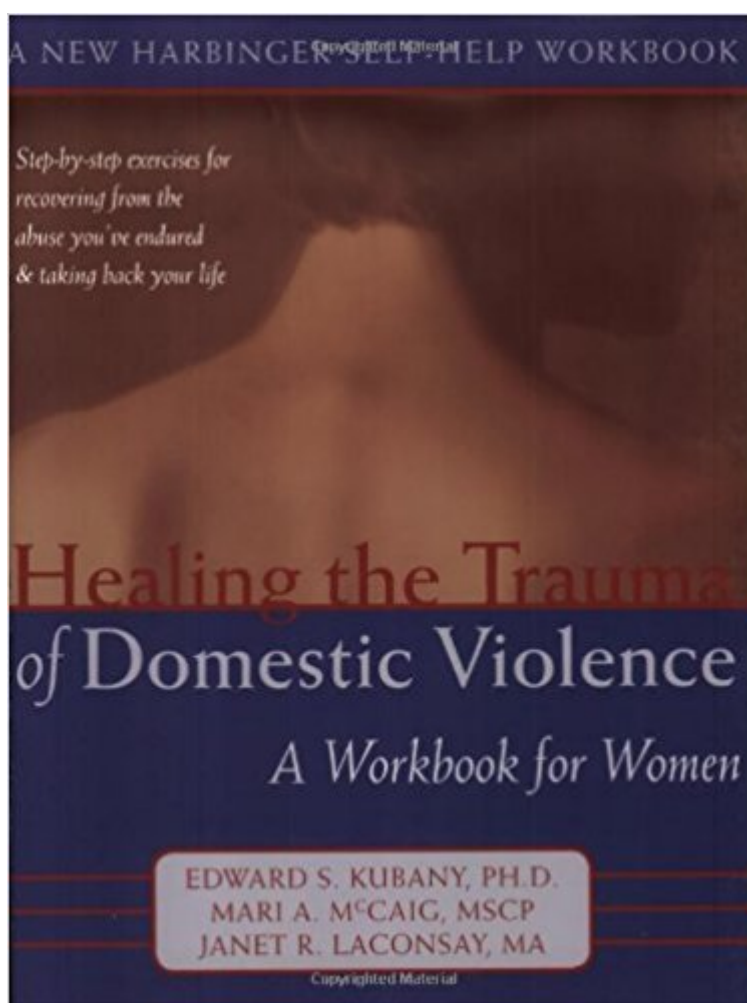


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# Healing The Trauma Of Domestic Violence: A Workbook For Women (New Harbinger Self-Help Workbook)



## Synopsis

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

## Book Information

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Average Customer Review: 4.6 out of 5 stars 47 customer reviews

Best Sellers Rank: #62,593 in Books (See Top 100 in Books) #77 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #114 in Books > Self-Help > Abuse #188 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

Step-by-step exercises for recovering from the abuse you've endured and taking back your life. Two domestic violence experts offer the first-ever PTSD treatment approach to help abused women overcome the trauma they have endured and regain control of their lives. This is the only book on the market that discusses CBT as a therapy to treat PTSD from domestic violence and abuse.

Difficult workbook to get through if you are a survivor of domestic violence simply because the homework it has really makes you think and process and practice good healing techniques. I've read books that offer a bit more insight. I recommend this if you're feeling like writing down what you're feeling and taking practice in knowing how to better handle triggers and taking yourself down. Sometimes the reading portions are difficult to follow. Still, think it's a worthy buy.

Purchased this book for a friend who is... and is not... out of a domestic violence situation. It continues to control her life in a negative and destructive way that her friends recognize, but she does not. This book is an invaluable resource for someone who still needs to escape and recover from a domestic violence lifestyle even long after the abuser has largely physically left their life.

About 6 months ago I was a "victim" of domestic violence. The state pressed charges against my ex. In the time that I've been out of the relationship I built a support system. I went through with the messy divorce and I am so happy. I've learned about the cycle of violence, I've researched domestic violence, I've talked with other victims of abuse, while continuing to raise 2 small kids. It took an emotional toll to realize the trauma our 6 year relationship has had on me. I want to deal with any issues I have now before it progresses into something serious my kids will notice or be affected by. This book has helped me to realize the pattern of thinking in battered women and how to control negative thinking. I feel a lot better not focusing on the "should have done..." or the "why this happened" and more on the "what" ?'s. I also focus more on what I can change than what I can't. Overall, I recommend this book to women who have been abused. Be open minded and best of all GET OUT, there are resources and I'll pray for you..... 2 women die a week at the hands of their batterers, don't be one, Please.

This book is amazing and I loved it. It helped me out so much with understanding what I was going through especially with my emotions. I highly recommend this book to anyone and any department trying to help women. This should be a book they hand out to women when they call for help.

Very precise information that is as on-target as actual therapy. They have pinpointed the issues that women deal with time and again in this situation and provide solutions for the mental loops that trap women into PTSD. Valuable tools for recovery and solutions for moving your life forward and preventing the same mistakes from recurring. Bravo to the authors.

When you are ready to move forward with your life and leave the abuse behind you, this is the next step. The best book I've read about healing from my abusive marriage. I am ready to start living my life again.

This is a great workbook. Women find it helpful when their reactions can be normalized. I've used this in a community mental health center, a women's shelter, and now in a college counseling center. All levels of SES have found the information to be helpful. Straightforward content to help women at their most vulnerable.

I am working through this workbook with a client and it appears to have relevant, good information. I am happy with this purchase and would recommend it to other providers.

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