

8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing (8 Keys to Mental Health)

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Safe and effective principles and strategies for recovery from trauma.

Trauma recovery is tricky; however, there are several key principles that can help make the process safe and effective. This book gives self help readers, therapy clients, and therapists alike the skills to understand and implement eight keys to successful trauma healing: mindful identification of what is helpful, recognizing survival, having the option to not remember, creating a supportive inner dialogue, forgiving not being able to stop the trauma, understanding and sharing shame, finding your own recovery pace; mobilizing your body, and helping others.

This is not another book promoting a new method or type of treatment; rather, it is a necessary adjunct to self-help and professional recovery programs. After reading this book, readers will be able to recognize their own individual needs and evaluate whether those needs are being met. They will have the tools necessary to put themselves in the drivers seat, navigating their own safe road to recovery.

Babette Rothschild, MSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is a bestselling author of six books, all published by WW Norton and translated into more than a dozen languages. She is also the creator and Series Editor of the 8 Keys to Mental Health Series. After living and working for 9 years in Copenhagen, Denmark she returned to her native Los Angeles where she is writing her next books while she continues to lecture, train, consult, and supervise professional psychotherapists of all sorts worldwide. "Rothschild's brief, personable, and accessible book directly targets safe, successful recovery in a way that compels and convinces the reader. If trauma memories impact your life or that of someone you now or treat in a healthcare setting, you need this book."

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Trauma Psych

"Readers who have experienced traumatic events will find this a helpful tool as they work with their professional therapist."

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Library Journal

"A succinct and easy read, founded predominantly on compassion-focused and mindfulness-based approaches, this book is certainly one I would recommend to my own trauma clients.... [S]traight-forward and enlightening to read."

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Journal of Mental Health

Other Books

8 claves para superar los traumas de forma segura : estrategias para tomar las riendas

de su curación.

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