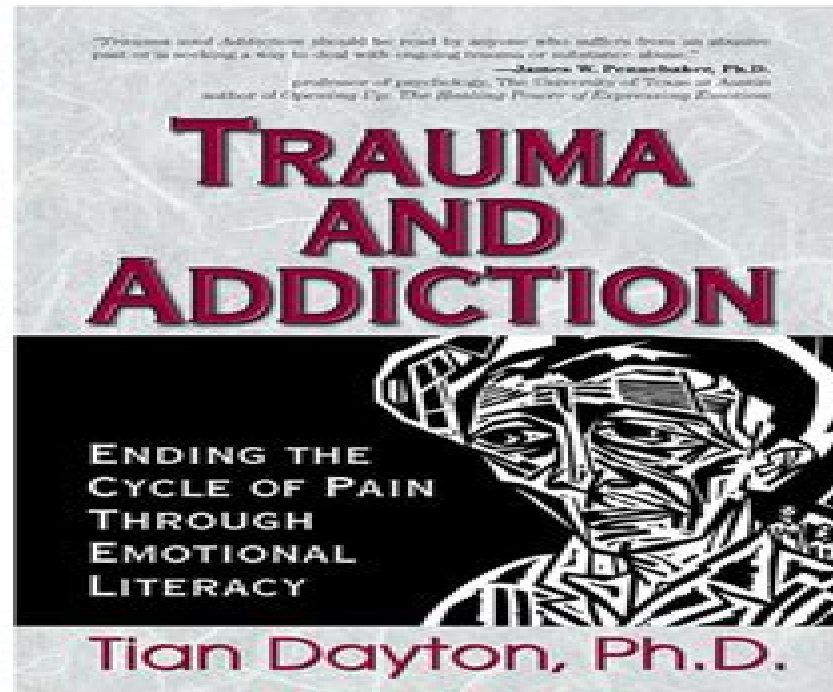


Trauma and Addiction: Ending the Cycle of Pain Through Emotional Literacy



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Trauma And Addiction Ending The Cycle Of Pain Through Emotional Literacy

Mary Giuliani



Trauma And Addiction Ending The Cycle Of Pain Through Emotional Literacy:

Trauma and Addiction Tian Dayton, 2000-05 The author weaves solid scientific findings with her professional and personal experience into a thoughtful analysis of traumatic experience secrecy and addictive behaviors *Trauma and Addiction* Tian Dayton, 2010-01-01 For the past decade author Tian Dayton has been researching trauma and addiction and how psychodrama or sociometry group psychotherapy can be used in their treatment Since trauma responses are stored in the body a method of therapy that engages the body through role play can be more effective in accessing the full complement of trauma related memories This latest book identifies the interconnection of trauma and addictive behavior and shows why they can become an unending cycle Emotional and psychological pain so often lead to self medicating which leads to more pain and inevitably more self medicating and so on ad infinitum This groundbreaking book offers readers effective ways to work through their traumas in order to heal their addictions and their predilection toward what clinicians call self medicating the abuse of substances alcohol drugs food activities work sex gambling etc and or possessions money material things Readers caught up in the endless cycle of trauma and addiction will permanently transform their lives by reading this book Therapists treating patients for whom no other avenue of therapy has proved effective will find that this book offers practical lasting solutions Case studies and examples of this behavioral phenomenon will illustrate the connection helping readers understand its dynamics recognize their own situations and realize that they are not alone in experiencing this syndrome The author deftly combines the longstanding trauma theories of Van der Kolk Herman Bowlby Krystal and others with her own experiential methods using psychodrama sociometry and group therapy in the treatment of addiction and posttraumatic stress disorder While designed to be useful to therapists this book will also be accessible to trade readers It includes comprehensive references as well as a complete index *It's Not About Food, Drugs, or Alcohol: It's About Healing Complex PTSD* Mary Giuliani, 2023-02-21 Your Struggle With Food Weight or Substances Is Not Your Fault It's A Normal Response To Surviving An Abnormal Childhood Even though Mary was in long term recovery with food severe obesity drugs and alcohol and had what most people would consider a successful life behind closed doors she still struggled and wondered Why she had so few close friends and had difficulty finding a fulfilling romantic relationship Why she still struggled with food sleep and caffeine Why she couldn't find the flow and passion she longed for in her career Why even though she was in long term recovery with food and substances and had maintained a 160lb weight loss for several decades she felt the need to hide these parts of her past from others Finally in mid life she discovered the root cause driving these and her past struggles with food obesity and substances was a condition known as Complex PTSD CPTSD a more severe form of PTSD that developed from her being raised in a chaotic alcoholic home This discovery sent Mary on a five year journey where she researched leading experts in the trauma and recovery fields who authored books about complex PTSD and the adverse childhood experiences study ACE Study In order to find the most effective treatments for healing trauma she studied the work of thought leaders in

the fields of CPTSD neuroscience and developmental psychology and through books about addiction childhood trauma in adults emotional trauma addiction to food and addiction recovery Join Mary as she experiences one mind blowing revelation after another as she learns that CPTSD was operating behind the scenes sabotaging her weight recovery relationships career and health and learn what she did to heal Witness Mary go from believing she was weak a failure hopeless and unworthy due to her struggle with food weight substances and relationships to finally ending these battles by healing the trauma driving them Discover how she found compassion for what happened to her released the shame over how she coped and learned to accept herself just as she is Learn how healing trauma opened the door for her to forge healthy relationships and finally find her purpose in helping fellow survivors heal and thrive In This Blending of Memoir Science Based Research you re not bad or defective it s not your fault your symptoms are normal and you can heal Access the step by step CPTSD workbook Recovery Guide that Mary used to end her struggle with alcohol drugs and food including what she s done to maintain a 160lb weight loss for over two decades Stay on track with your recovery with the included CPTSD workbook Gain clarity and heal through worksheets quizzes questionnaires Gain access to a 36 item menu of evidence based trauma healing therapies and addiction recovery resources proven to facilitate optimal trauma healing and recovery from difficulty with relationships alcohol drugs food weight or other behavioral addictions To Get Started Ending Your Struggle With Food Weight Substances or Relationships Buy Now [101 Trauma-Informed Interventions](#) Linda A. Curran, BCPC, LPC, CACD, CCDPD, EMDR Level II Trained, 2013-05-01 This is an imminently practical workbook that shows a variety of invaluable techniques to get centered calm and organized An effective and enjoyable guide to help you feel in charge of yourself Bessel van der Kolk M D This is the workbook that all mental health professionals wish they had at the beginning of their careers Containing over 100 approaches to effectively deal with trauma this workbook pulls together a wide array of treatments into one concise resource Equally useful in both group and individual settings these interventions will provide hope and healing for the client as well as expand and solidify the professional s expertise Tools and techniques drawn from the most effective trauma modalities Art Therapy CBT DBT EFT EMDR Energy Psychology Focusing Gestalt Therapy Guided Imagery Mindfulness Psychodrama Sensorimotor Psychology Somatic Experiencing and Movement Therapies BONUS Book includes a link to all reproducible worksheets Print and use with clients right away Praise for 101 Trauma Informed Interventions Linda Curran s unflagging energy and dedication to the healing of traumatized individuals has led to a voluminous exciting and comprehensive 101 Trauma Informed Interventions This workbook provides a plethora of effective tools traditional as well as innovative that can be used in whole or as a part of a course of therapy and also as self help The variety of options offered goes a long way towards dispelling the unfortunately popular misconception that there are only a limited number of interventions that help people to recover from trauma Survivors as well as therapists who have been frustrated by the rigidity of strict adherence to evidence based practice will be greatly relieved to find a wealth of useful strategies to experiment evaluate and sort into a

personally tailored trauma recovery program This workbook is a god send for the trauma field expanding the possibilities for recovery in a most generous way Babette Rothschild MSW author of *The Body Remembers* and *8 Keys to Safe Trauma Recovery* Linda Curran has carefully and knowledgeably curated a practical effective collection of interventions that actually work for trauma survivors Any clinician committed to helping those suffering from posttraumatic stress needs to have these tools and resources to draw upon because standard talk therapy nine times out of ten is simply not going to cut it These exercises will Belleruth Naparstek LISW author of *Invisible Heroes Survivors of Trauma and How They Heal* Drawing from the whole spectrum of trauma based therapies Linda Curran has compiled a sampling of practical exercises designed to help therapists and their clients better navigate the mine field that trauma work can be and find the path to healing Richard Schwartz Ph D author of *Internal Family Systems Therapy* 101 Trauma Informed Interventions provides an accessible functional playbook for therapists committed to the rehabilitation of the client with a trauma history In a readable volume Curran integrates diverse approaches of treatment and emphasizes the unique role that trauma plays in mental health Underlying this eclectic strategy is the common theme emphasizing that healing will only begin when the trauma related feelings embedded in the body are appreciated Stephen W Porges Ph D author of *The Polyvagal Theory* An interesting compendium of potential interventions that can be interwoven into any therapist s existing conceptual framework Louis Cozolino Ph D Pepperdine University and author of 5 books including the best seller *The Neuroscience of Psychotherapy* *Healing the Social Brain* 2nd edition *Complicated Grief, Attachment, and Art Therapy* Briana MacWilliam, 2017-04-21 With 15 ready to use protocols this book explains the theory and practice of art therapy approaches to grief and features client case studies and art therapists own experiences Methods procedures and a discussion of themes are organised in an instructional manner for ease of replication in a wide variety of clinical settings Clinical Management of Sex Addiction Patrick Carnes, Kenneth M. Adams, 2013-06-17 This is the first comprehensive volume of the clinical management of sex addiction Collecting the work of 28 leaders in this emerging field the editors provide a long needed primary text about how to approach treatment with these challenging patients The book serves as an excellent introduction for professionals new to the field as well as serving as a useful reference tool The contributors are literally the pioneers of one of the last frontiers of addiction medicine and sex therapy With a growing awareness of sex addiction as a problem plus the advent of cybersex compulsion professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation This is the first book distilling the experience of the leaders in this emerging field With a focus on special populations it also becomes a handy problem solving tool Readable concise and filled with useful interventions it is a key text for a problem clinicians must be able to identify It is destined to be a classic reference Beyond Addiction to Awakening: , This book is an invitation to you to find completion and wholeness to work through second stage recovery fully including a necessary descent to let go of the separate self and embrace third stage recovery and abide in non dual being The Biology of

Trauma Aimie Apigian, 2025-09-23 If we want to truly heal we need to understand trauma as something happening inside of the body not as a singular external event Gaining clarity on how our bodies hold onto experiences impacting both our physical health and our ability to maintain healthy behaviors and relationships is crucial That's where Dr Aimie Apigian's integrative revolutionary approach comes in Provided by publisher

Sociometrics Tian Dayton, 2022-08-30 In Sociometrics Tian Dayton masterfully integrates principles of group dynamics and psychodrama therapies with insights into bodily states and feelings gained from contemporary neuroscience Sociometrics infuses therapeutic principles in an intuitive and functional program that shifts the agent of healing from the therapist to the group We learn that through sociometrics the threads of healing are woven as the client experiences a reconnection with the inner self and a connection with others Stephen W Porges PhD Distinguished University Scientist Indiana University Professor of Psychiatry University of North Carolina creator of the Polyvagal Theory Embodied relational processes designed to add experiential therapy into addiction treatment centers IOPs and one to one or group therapy settings Relational trauma can cause a loss of connection with the self and impact our ability to engage comfortably in intimate connection with others Feeling misread neglected or abused by the people we want most to be loved by is a traumatizing experience that is cumulative When these relational wounds remain unseen and unresolved they can become the pain pump fueling self medicating and dysfunctional behaviors that silently pass down through generations Sociometrics are embodied research based processes that educate clients about trauma grief and resilience as they offer in the moment experiential relational trauma repair Created by Dr Tian Dayton to fit easily into outpatient programs clinics and one to one settings sociometrics help to take the guesswork out of incorporating experiential therapy into treatment They give therapists a clear process that builds momentum for deep change and personal growth Harnessing the therapeutic power of the group they teach skills of emotional literacy and self and co regulation The combination of sociometrics and simple role plays allow the body as well as the mind to find a voice They draw on the theory base of psychodrama and sociometry the first forms of mind body experiential therapy created by the father of group therapy Jacob Levy Moreno

Emotional Sobriety Tian Dayton, 2010-01-01 Picking up right at the point where Janet Woititz's 1990 hit book Adult Children of Alcoholics left off clinical psychologist Tian Dayton's latest contribution contains fresh perspectives and new analysis on how to gain back emotional stability after growing up with the trauma of addiction abuse and dysfunction Dr Dayton accomplishes this by presenting and explaining the latest research in neuropsychology and the role trauma plays on chemically altering the brain With compassion and clear explanations and her own personal journey Dayton teaches readers how to undo the neuropsychological damage of trauma to rewire the brain and reverse the negative effects trauma has on our future relationships and behaviors to gain emotional sobriety In Emotional Sobriety Dr Dayton teaches readers How to understand the mind body relationship of addiction and relationship trauma How to rewire your brain to undo the negative effects trauma has on personal career and romantic relationships How changing the way one lives

and perceives adult relationships can change the way one thinks and feels and vice versa

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