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Journey through Trauma: A Guide to the 5-Phase Cycle of Healing Repeated Trauma (Paperback)

By Gretchen Schmelzer

Hay House UK Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. For survivors of PTSD and repeated, relational trauma - and the people who love them. Gretchen Schmelzer watched too many people quit during treatment for trauma recovery. They found it too difficult or too frightening, or just decided that it was too late. But as a therapist and trauma survivor herself, there are three basic principles that Schmelzer wants every trauma survivor to know: Healing is possible. It requires courage. And it cannot be done alone. Traumas that happen more than once - domestic violence, child abuse, sexual abuse, gang violence, even war - are all relational traumas. They happened inside a relationship and therefore must be healed inside a relationship, whether that relationship is with a therapist or within a group. Journey through Trauma is written specifically for survivors - to help them understand the terrain of the healing process, see where the hard parts show up and persevere in the process of getting well. Schmelzer shares the five phases that every survivor must go through and explains that the path to healing is not linear - it is circular. Circling back around...



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