



From Surviving to Thriving: A Therapist's Guide to Stage II Recovery for Survivors of Childhood Abuse

Mary Bratton

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Become more effective in therapy when working with survivors of abuse!

From Surviving to Thriving: A Therapist's Guide to Stage II Recovery for Survivors of Childhood Sexual Abuse is a comprehensive manual for treating survivors of childhood physical, sexual, and emotional abuse. Inspired by the author's own private practice, it combines both theory and practice and supports the therapeutic partnership with a step-by-step outline of the healing process. This outline includes concrete and incremental strategies and exercises that help you move the survivor beyond Stage I trauma debriefing to life-changing Stage II recovery.

In From Surviving to Thriving, you'll find everything you need to know about obtaining and maintaining autonomy and speeding recovery in the age of managed care. The self-contained, focused, and incremental interventions presented in this book can be woven into your own therapeutic style, giving you and your clients more freedom, satisfaction, and, most importantly, swift treatment and recovery. You'll also find step-by-step guidance for dealing with adult survivors, including rationale for diagnosis, process, and sequence.

In addition to the description of theoretical orientations and illustrations, Surviving to Thriving contains:

- an overview and detailed outline of the incremental recovery process
- pitfalls and positive strategies for establishing the therapeutic relationship
- detailed instructions for building a foundation for effective therapy by reframing the client's self-concept
- explanations of pathological symptoms in context of necessary and "brilliant" survival defenses
- workable, specific, and sequential interventions for each stage of healing designed to become autonomous and self-generating for the client
- techniques for trauma resolution using the survivor's internal experience

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From reader reviews:

George Falls:

Book is definitely written, printed, or descriptive for everything. You can realize everything you want by a guide. Book has a different type. As it is known to us that book is important thing to bring us around the world. Alongside that you can your reading expertise was fluently. A book From Surviving to Thriving: A Therapist's Guide to Stage II Recovery for Survivors of Childhood Abuse will make you to possibly be smarter. You can feel more confidence if you can know about every little thing. But some of you think this open or reading some sort of book make you bored. It's not make you fun. Why they can be thought like that? Have you in search of best book or suitable book with you?

Edward Stewart:

The book untitled From Surviving to Thriving: A Therapist's Guide to Stage II Recovery for Survivors of Childhood Abuse contain a lot of information on that. The writer explains the woman idea with easy way. The language is very easy to understand all the people, so do certainly not worry, you can easy to read this. The book was published by famous author. The author provides you in the new 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 throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and order it. Have a nice go through.

Hugo Mann:

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Laura Rogers:

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