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Trauma and the Twelve Steps: A Complete Guide for Enhancing Recovery

By Jamie Marich Ph. D.

Cornersburg Media. Paperback. Condition: New. 164 pages. Dimensions: 9.9in. x 6.9in. x 0.4in. Criticism of 12-step recovery is nothing new; however, 12-step programs are increasingly getting a bad rap for being too one size fits all, or not applicable to individuals struggling with issues beyond the scope of simple alcoholism or addiction, especially issues surrounding traumatic stress. Trauma and the Twelve Steps: A Complete Guide to Enhancing Recovery takes the posture that there is nothing wrong with using 12-step recovery principles in treatment or in continuing care with individuals who are affected by trauma-related issues. However, this book also explains how rigid application of 12-step principles can do more harm than good for a traumatized person, and that learning some simple accommodations based on the latest knowledge of traumatic stress can enhance the 12-step recovery experiences for trauma survivors. Written for professionals, sponsors, and those in a position to reach out and help recovering addicts, the user-friendly language in this book will teach you how to unify the traditional knowledge of 12-step recovery with the latest findings on healing trauma. In doing so, you will be able to help others, and maybe even yourself, work a recovery program like never before!...



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