

# COMPLEX PTSD: From Surviving to Thriving



"Pete Walker's new book is an invaluable, comprehensive resource for anyone with a childhood history of trauma. This book is certain to benefit clients and clinicians alike."

- Julie Scheinman, M.A., MFT

## Pete Walker

*Author of The Tao of Fully Feeling*

Pete Walker

# Complex PTSD: From Surviving to Thriving: A Guide and Map for Recovering from Childhood Trauma



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## Complex PTSD: From Surviving to Thriving: A GUIDE AND MAP FOR RECOVERING FROM CHILDHOOD TRAUMA



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Complex PTSD is REAL~this book will help you HEAL! This book is brilliant, insightful, enlightening, compassionate, validating, nurturing, and incredibly healing. I've learned a whole lot about myself.." I plan to buy several as gifts. The 1st one will go to my awesome child. Chapter 8 is "Managing Emotional Flashbacks" and has a great overview of tips on recognizing a flashback and helping you figure out what to do to recover while in one. But I don't hate myself anymore because in recent years, scientific studies using modern brain-imaging systems have found that serious trauma literally adjusts the shape and function of the mind, in both humans and animals. Thank you, Mr. PTSD and CPTSD are real, physically verifiable injuries. Many doctors and therapists have explained through the years that We was badly misdiagnosed, because I am never schizophrenic. Today We am in my own early 60s and happily married to my companion, a Chaplain who's a Vietnam veteran with combat-related PTSD. I highly recommend I would recommend this publication to anyone who thinks they could have complex PTSD (cPTSD) or PTSD. Pete Walker's book may be the first present day authoritative publication I have read which acknowledges that in its severest form, Complex PTSD can cause an extremely traumatized child to build up schizophrenia. Yet there is healing available, which you will find in this wonderful reserve. But the very good news is that even probably the most severely shattered psyche can heal ~ maybe not 100%, but close more than enough to live a mostly normal existence. I am living evidence that is true. Of course I wanted to believe them, because who loves to think that these were ever psychotic? (We place the FUN in dysfunction!) Although I am today a great-grandmother, I am still actively and enthusiastically learning, growing, and healing from my long-ago developmental wounds. I am deeply grateful to Pete Walker for writing this book. Every page is full of useful info. Yes, Complex PTSD is "real," whatever the DSM gurus mention; just as PTSD was real back when "shell shock" and "hysteria" were the in-vogue labels. People who have Complex PTSD aren't crazy, or bad, or poor, or lazy, or inherently/genetically defective, nor are we "whiners who don't want to let go of the past" ~ we are simply ordinary individuals who have been grievously psychologically injured, and it is not our fault. Helpful and beneficial! You don't berate somebody for bleeding when they have already been stabbed, not when you have any compassion; They tend to attract bullies and so are unable to process the resulting trauma. I have made a large step of progress in my recovery thanks to this book. They suffer from soul destroying loneliness, while struggling emotional flashbacks and disassociation." Having PTSD is unpleasant and debilitating enough, without also becoming SHAMED for it. For many of my life, my internal critic bought into this awful shame and self-blame. I beat myself up emotionally for years, berating myself for my inability to "forgive and forget, live in today, and simply overcome" the traumas that occurred within my developmental years. Is there anything more miserable than hating yourself? I don't think so. Throughout more than four years of desperately looking for therapeutic help, I have been given more information on various psychiatric labels. Other human brain imaging studies have found that, because of neuroplasticity, the injured brain may also heal with proper treatment. I was given that diagnosis in 1967, greater than a decade before Post-Traumatic Stress Disorder was the official psychiatric label. These accidental injuries don't just "disappear completely" when you do not think about them. Berating a person for having PTSD because their trauma occurred a long time ago is no much less ignorant and cruel than chastising somebody who can be paralyzed from the neck down for not waking up and going to work, because the car crash that crushed their spine happened decades ago. The traumatic event may have got occurred in the distant past, however the damage it caused continues to be PRESENT. He is exactly

right. This is a big great-grandma (((HUG))) for anyone reading this who requires and wants one. Nevertheless, through my study in preparation of writing a memoir about my knowledge, I've come to the final outcome that I was, indeed, schizophrenic for just two of my teenage years. I've gained more insights from this reserve than I believed it was possible to get from one book. I recommend it to whoever has been psychologically wounded by early childhood trauma or neglect, or for anybody interested in assisting people with CPTSD. Great help for those people fighting CPTSD! I have already been reading self-help books for a long time but that is my brand-new #1. revisit it at a later time. Regarding factors behind cPTSD, it is similar to PTSD but also quite different, though of course there's some overlap. PTSD often has some underlying result in event or events, like a violent knowledge involving crime, accident, injury/death or sexual abuse. Nevertheless cPTSD, focuses even more on an underlying childhood full of neglect, abandonment, constant unpleasant criticism from parents, and so on. The ideas about getting rid of both the inner critic (where you criticize yourself) and the outer critic (where you criticize others and press them apart) are invaluable. Not merely has the existence of Complex PTSD been ignorantly denied simply by many in the psychiatric professions, those of us who experience this grievous psychological damage are often misdiagnosed with an array of stigmatizing mental illnesses, mainly because Pete Walker discusses in the first chapter of the book. For anyone who is suffering right now from insufficient self-confidence, continually feeling "not good enough," any kind of panic or anger in public situations where you intend to hide, run away, or bury yourself into function so much that everyone calls you a workaholic, I would suggest getting this publication and reading chapter 8 first. As is the whole book! Ready to Feel Better? Keep picking the incorrect person? Do you have chronic stress and anxiety? Are you pretty dissatisfied with your friendships? Do you have a narcissist, self-indulgent/, self-absorbed, drama-based, and/or detached parent(s)? It is rather respectful of your personal journey as well as your needs. An excellent guide through the healing process As one of several who were able to survive prolonged abuse and neglect throughout childhood by way of numerous clumsy self-preservation strategies, I've read dozens of good, useful, informative books on the subject, all of them helpful. I've learned that it is possible to heal the discomfort and that lifestyle can and does progress if you focus on your inner reactions and learn to respect your deep, completely justified dependence on and to self-like and self-treatment. I am grateful to all or any of the researchers, therapists, authors and fellow survivors who've shared their understanding, insights, concepts and solutions to help the rest of us on our journey toward bearable, even pleasurable, lives. But of all books I've read on the topic, Pete Walker's Complex PTSD: From Surviving to Thriving will be the absolute BEST work of mapping the recovery process from the survivor's perspective. I had gained useful knowledge and understanding from Mr. As adults, these individuals are extremely vulnerable to ongoing abuse through the process of re-enactment. We cannot recommend this publication highly enough. It really is invaluable for survivors, therapists, and, I really believe, for close friends and loved ones who would like to understand us. It explains us therefore well. My childhood trauma and subsequent dissociation was so severe that my initial label, at age 14, was schizophrenia. Walker, for writing this. Knowledge is Power C-PTSD is an especially cruel condition and is hoisted upon children by their parents via traumatizing emotional neglect starting at a very early age group. Having a PTSD a reaction to severe trauma is NORMAL, just as it is normal to bleed if you are stabbed. The author recommends you read through the book in virtually any order you are feeling like, and disregard anything you think doesn't connect

with you. If any of this sounds familiar, this is a must-read! It's an excellent book but a hardcore read when your fresh out .I told my girl, who was simply recently accepted right into a Master's plan to satisfy her dream of learning to be a therapist, that Pete Walker's COMPLEX PTSD is my fresh self-help "bible. The flashbacks feel just like a emotional sledgehammer and a wrecking ball in your thoughts that you cannot control, no matter how hard you may try. It's a great book but a hardcore read whenever your fresh out of abuse & Because of this book I can now describe the condition and am getting help. I've got to put it down many times (triggering) & Not only is there insights into what provides caused the cPTSD problems, but there are various tidbits on how best to help yourself learn to escape it. For me personally, honestly, this publication reads enjoy it is my autobiography. Best and most comprehensive resource I've ever found to help deal with all the complexities in dealing with CPTSD. Includes many precious insights. Great book! Trough failing woefully to provide interest, treatment, love and protection, these children develop a developmental arrest in crucial areas of self protection, capability to form healthy self respect and interactions. Walker's website, but this publication puts it collectively in such a obvious and orderly perspective that I could now see (and experience) how far I've come and, moreover, which issues I have to tackle following – and how exactly to tackle them -- in order to more fully reclaim my birthright as a human being. you call 911 and get them the care they have to facilitate their recovery.\*\*\*My husband and I have both been berated for having PTSD, because "the war is over" and "your childhood has ended" so therefore we must "stop living in days gone by.. I've had serious C-PTSD symptoms all my entire life, including getting psychological flashbacks every short while, of each waking hour for many years. This is a un-imaginable hellish nightmare. trauma or a Lifetime of it. EMDR has been especially helpful. I would suggest this reserve to anybody who has been diagnosed with trauma. Thank you so much Pete Walker Loved this book, therefore helpful, insightful and healing. So grateful!\*\*\*Deal with PTSD with CARE: Compassion, Acceptance, Respect and Empathy/Encouragement. Good read For anybody seeking answers in there life to numerous of there personal issues this is a very deep understanding of what has happened Book is helpful This book may be the first resource on CPTSD I've read and its excellent. Pete Walker's COMPLEX PTSD, from Surviving to Thriving, is the greatest, by far, of the countless books I have continue reading the subject of trauma, since my very own PTSD was (finally) properly diagnosed in 2003. I have already recommended the book to a co-worker. Best Reserve Ever on C-PTSD This book truly changed my entire life. It is by far the best book I have read on this subject. As somebody who was deeply traumatized in childhood by abuse and neglect, the concepts Pete Walker shares in "Complex PTSD: From Surviving to Thriving" possess helped me to attain new degrees of happiness I nothing you've seen prior thought attainable. He really gets it.



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