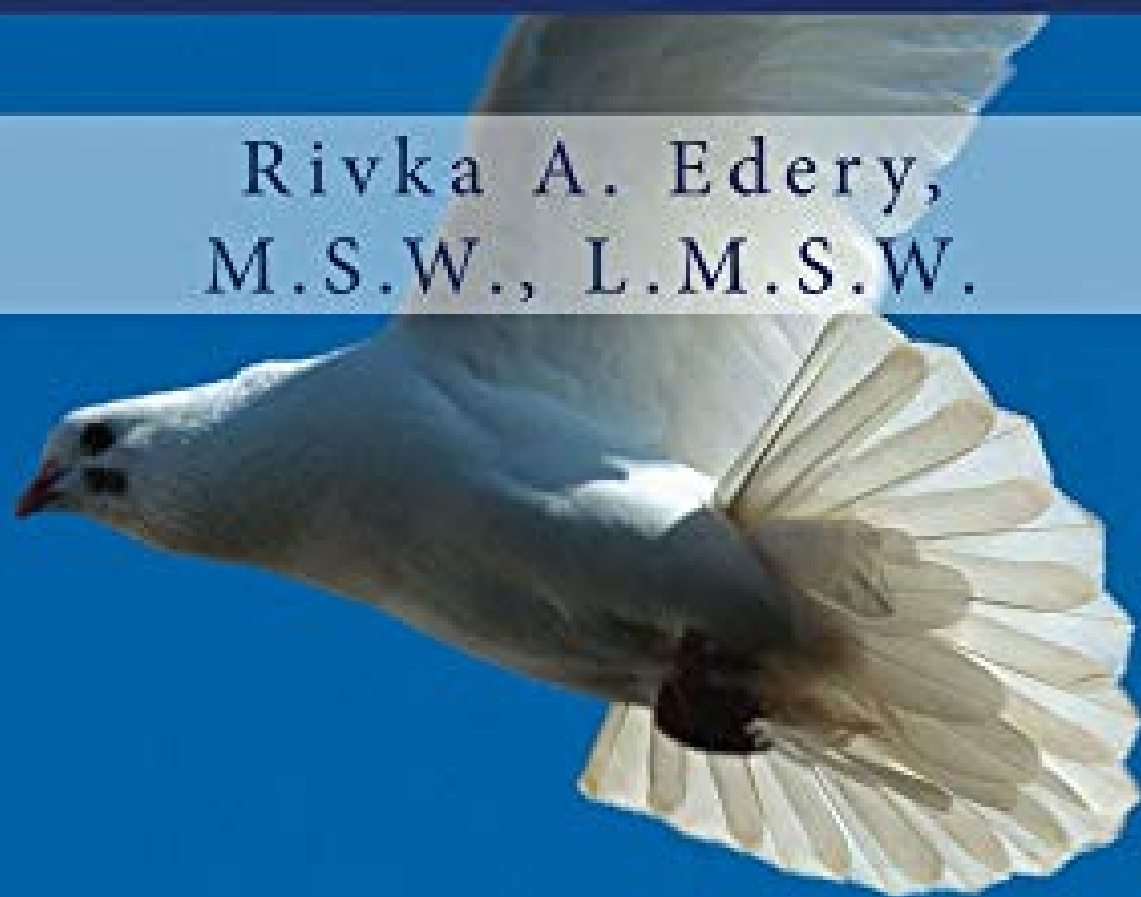


TRAUMA AND TRANSFORMATION: A 12-Step Guide.

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Rivka A. Edery

TRAUMA AND TRANSFORMATION: A 12-Step Guide.



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Supplying a chapter-by-chapter synopsis of each of the Twelve Measures of Alcoholic Anonymous, this reserve offers insight, and guidance for anyone genuinely concerned about how exactly to heal the physical, mental and spiritual wounding caused by traumatic experiences. Why if the survivor begin a process of healing with the admission of what happened to them? May be the part of spirituality in trauma recovery required in order to heal? In Trauma and Transformation: A Twelve Step Guide, clinical social worker Rivka Edery demystifies the misunderstood resource of spirituality, as it applies to healing from trauma. She provides a guide to an individual spiritual approach that can lead a survivor in a fresh and powerful direction, not previously considered. Edery shows you how, step by step.s inner actuality with a step-by-step process of applying spiritual equipment to each stage of recovery, Edery demonstrates how such a framework could be highly successful for survivors who seek to reduce their pain and dilemma. Edery hypothesizes that for a treatment process to be really effective, a survivor will need special skills to be able to overcome their problems. Coming forward with a bold type of guidance, Edery contains specific directions to trauma survivors who wish to make amends for being abusers themselves. Combining the facts of the survivor' This is accomplished whenever a survivor embraces this process. Trauma and Transformation: A Twelve Step Guide may be the indispensable guidebook to completely understanding the basic concepts of The Twelve Measures as a spiritual system used to treat alcoholics and other individuals with a range of self destructive and addictive tendencies. So how exactly does 1 formulate a recovery and treatment for the profound effects of surviving trauma?



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The Twelve Steps Are Not Just For Addictions In Trauma and Transformation Rivka goes through each step as though she were personally coaching you. She reviews the potential for pain, tells her very own story along with the stories of others who used her system, and walks you through exercises. As a person who is recovering herself from the past she tells of the emotional benefits of recovery in each step. Like the feelings of alleviation as you utilize each step. The exercises are doable and useful. I was intrigued by the idea that co-dependents can channel a degree of their loving feelings to themselves and not just to others. She helps readers sort out the barriers and resistances of seeing their faults and letting themselves receive love from an increased power and from people in their lives. The reserve has a natural stream as you sort out the exercises and lets you know for you to build from the previous steps to get to the next step. I anticipate utilizing this workbook with trauma recovery group in the near future. Every for your very best book as well as your commitment to greatly help trauma survivors to heal!.. Thank you Rivka for this amazing book, that I use as an instrument in my own groups. Every transformational trip is unique, but for those we call survivors, they have two things in common. First they integrate the traumatic experience into their identification and make the knowledge a defining section of their life tale., M-Div. That's what Rivka has done in this publication "Trauma and Transformation A 12-step guidebook." This book offers helped me to work with my clients in group therapy where they could open up and better understand the significance of "Letting Go and Let God." The reading is very comprehensive and Rivka offers such a unique way to instruct others through her composing and detailed exercises and encounters.R. It has included experiences of survivors in every step. This book isn't just a 12-step guidebook, it's a step by step reserve on teaching us how to live, love and survive. Practical Abstract Information for Trauma Survivors Splendid book using the 12 AA Actions to guide the reader through personalized application exercises relevant to myriad types of trauma, including trauma that occurs with addiction-to substance, ideas, perceptions and behaviors that usually do not serve the reader to grow and enjoy serenity., brilliantly expounds on each stage, using her own personal trials in addition to those integrated by people she's caused and successfully pertains to individuals that have experienced trauma. Rivka Edery combines years of scientific experience and deep understanding of this field with her own private story of transformation which makes it so much more accessible than a more objective medical approach. Particularly effective are her thoughts on spirituality and how exactly to reclaim a solid, intimate relationship with an increased Power that can hold us through the curing journey., L. Cognitively, Emotionally, and Spiritually Highly effective! Rivka Edery's "Trauma and Transformation" is a remarkable, creative extension and adaptation of the 12-stage program for, as well as a request of the concepts of that program to, the treatment of those who are suffering from a whole spectrum of traumatic injuries. This is a testament to the life-unlocking potential of the integration of clinical and spiritual approaches to healing., to make use of. Her posting of personal stories, including her own, as well as her obviously expressed personal warmth and sincerity (healing elements in themselves), make her information to the twelve guidelines extraordinarily "reader-friendly," and in addition compelling. It is, as such a program should be to become successful, infused with not just a spiritual but a particularly theistic perspective, yet one which transcends rigid boundaries and definitions of the God-image.Edery's text is replete with inspirational messages, smart caveats and cautionary remarks, encouragement, and exercises made to help the individual sort out the twelve methods with rigor and flexibility. She speaks to the reader straight, heart-to-heart.In my own view, "Trauma and Transformation" is destined to become classic in Twelve-Stage literature. It really is an inspired guide both for those engaged in trauma

therapy as customers in addition to for those people who are their guides and mentors.W.
Douglas M. This book was written to become comprehended by the widest feasible audience.A.
Her information on level of resistance, acceptance, forgiveness therefore much more... is
extremely well written, which I was able to use many of her exercises in group therapy.S. Second,
they talk or write about it in a manner that is helpful to others., retired pastoral counselor, author,
and teacher A insightful learning experience I don't very often write reviews here on Amazon,
but felt totally compelled to talk about my experience of this very useful book. Thank you Rivka
A. I look for a large amount of books on psychology are a bit blah blah and try to be too clever
(often confusing even the most discovered reader). Gillette, M. I hope the writer writes more later
on. Definitely a book to read over and over. Matthew J. Bond PhD Top Choose for Your Recovery
Library I am the 5th kid born to an alcoholic, mentally ill, poor, Black, single mom. I am a survivor
of childhood sexual misuse. I am a grateful person in Al-Anon. Among my Sponsors in that
program had me start to work the Measures through the big publication in AA. That worked
wonders for my relationship to my very own anger, but didn't actually address the wounds that
were the cause of it. Because yes, although I had very much amends to make, I wasn't an
alcoholic and I hadn't caused things that acquired traumatized me as a kid. And Al-Anon only
peripherally dealt with the violence in my childhood that had caused even more of my "stinking
thinking" than my mom's drinking ever had. The publication is directed to every individuals
without the experience in the 12 Step AA program. Valuable trauma recovery tool Rivka has
created a very important tool to utilize in trauma recovery. Drawing from the original 12 step
format she has created. I would recommend this publication to my patients, friends and family.
Her narrative style lends a gentle touch to remind you to care for yourself as you travel this
healing journey.Rivka and the people she has helped you live proof that the twelve methods are
not simply for recovery from addictions. Olga Keber, Director of Managed Care, MSW, CASAC I
recommend this book This is an extremely powerful book which has helped me immensely in
healing from childhood trauma. The best thing I like about this publication is how it requires the
reader to go through emotions and to see clearly encounters of trauma and it's really influence
on our daily lives. Without having to be 'preachy', the author will be able to provide wisdom from
reflective authors and authentic human encounters. The Trauma and Transformation 12-Step
guide provides a therapeutic modicum of appropriate self disclosure and personalized
encounters the reader may choose to apply to their particular circumstances-or not!W. If you
help just one person you are a success, I really believe this book can help hundreds. Reading the
12-Measures is psychological and triggering for some persons, the writer has structured psychic
protection needs and support within the body of the text. The reader is usually reminded to seek
help from a qualified party if becoming overwhelmed or emotions of not being secure arise.S.
This requires the 12 step plan and turns it into a resource to better understand and work with
individuals who have experienced trauma. The publication has a beautiful combination of
personal experiences, medical experiences, and may be utilized throughout might work with
customers. This personal addition to the literature allows people to feel connected as opposed
to it feeling completely scientific. The clinical aspects of this are immense and helpful. I would
suggest this book to my patients Rivka takes the reader on a very personal and detailed way to
recovery and recovery. Route that builds tools across the steps. I am most happy to write a
review because of this book! I am most happy to write a Publication Review for: Rivka A., Book:
Trauma and Transformation.S.Rev., L.M.S. This book will be on my long lasting self-help reserve
list and I have to read it again soon. Edery, M. HER PUBLICATION is founded on the "Alcoholics
Anonymous 12 Step Program" which Rivka A. Members define that higher power within their own

way-it and it does not need to be God. Amazing Tool The resources and exercises that book offers can't be underestimated. A short read of 539 webpages flies by when engrossed in this content and contemplating the individualized exercises., L.M. TRAUMA AND TRANSFORMATION: A 12-step Guide by Rivka is the greatest self-help book to heal from the wounds of trauma.W., has authorization from AA Inc. It demonstrates the fact truly liberating personal transformation may appear just within the context of a partnership between the personal identity and the Creator, Sustainer, and Goal of that identity.W. AA system participants follow a set of recovery steps to achieve and keep maintaining abstinence from alcohol. Many people use a sponsor to greatly help them through the process. The program uses a spiritual approach which includes a belief in a higher power. Edery, M. The author Rivka A. Edery, M.S. In brief, this 12-step recovery program that AA uses is definitely a free treatment program for people suffering from alcohol abuse and addiction. I recommend this publication!Rivka expressed many of the needs of people in recovery in a distinctive and comprehensive way.W.S. I'd been looking for a strategy that combined skilled knowledge of the impact of trauma and the resulting PTSD, and the 12-step approach which includes been such a foundation of recovery for me for several years. I needed something that spoke if you ask me and for me personally as a survivor of trauma. Rivka A. Edery, intertwines and includes her own spiritual background in developing each step right into a spiritual healing process. The very best self-help book to heal from wounds of trauma experience.S. I found this book detailed and designed based on real life encounters of trauma survivors. My clients actually were able to release a lot of tension, pain, and trauma which were haunting them for years. The book provides spaces for reflection that encourage the reader to personalize their trip and reflect on specific issues that are barriers to growth. And finally to it manuals to ways of healing.W. The writer made numerous well made points that are clear to see and make use of, whether as a self curing exercise or as for myself a further guide to help people professionally. Thank you Rivka because of this amazing book, which I use as a tool in . Meaza



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