

# 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 Schirman, 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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I can see given that I am pretty good, defective or crazy... I also wrote it from the viewpoint of someone who has uncovered many silver linings in the long, windy, bumpy road of dealing with Cptsd. or alone! An often echoed comment sounded like this: At last someone gets it. I've Complex PTSD [Cptsd] and wrote this reserve from the perspective of anyone who has experienced a great reduction of symptoms over the years. I felt encouraged to write this book due to thousands of e-mail responses to the content on my internet site that repeatedly expressed gratitude for the helpfulness of my work. The sources of Cptsd range between severe don't monstrous abuse. Many survivors develop up in houses that aren't homes – This book also includes an overview of the tasks of recovering and a great number of practical tools and approaches for dealing with childhood trauma. In the event that you felt undesirable, unliked, rejected, hated and/or despised for a lengthy part of your childhood, trauma may be deeply engrained in your thoughts, soul and body. The book also features as a map to assist you understand the relatively linear progression of recovery, to assist you identify what you have already accomplished, and to assist you to figure out what is best to work on and prioritize today. It really is copiously illustrated with types of my own and my customers' It extensively elaborates on all of the recovery ideas explained on my site, and many more. This book is also for those who don't have Cptsd but need to understand and help a loved one who does. in families that are as loveless as orphanages and occasionally as dangerous. journeys of recovering. However, unlike the content on my internet site, it really is oriented toward the layperson. As such, much of the emotional jargon and dense focus of principles in the website content has been changed with expanded and simpler to follow explanations. Moreover, many principles that were just sketched out in the content articles are described in much greater detail. A great deal of new material can be explored. Key principles of the publication include managing emotional flashbacks, understanding the four various kinds of trauma survivors, differentiating the outer critic from the inner critic, curing the abandonment depression which come from emotional abandonment and self-abandonment, self-reparenting and reparenting by committee, and deconstructing the hierarchy of self-injuring responses that childhood trauma forces survivors to adopt. This publication is a practical, user-friendly self-help guide to recovering from the lingering ramifications of childhood trauma, and to achieving a rich and fulfilling life. This in turn also serves to help you identify the indicators of your recovery also to develop reasonable targets about the rate of your recovery. I hope this map will show you to heal in a way that helps you to become an unflinching source of kindness and self-compassion for yourself, and that out of this journey you will find at least one other human being who will reciprocally love you sufficiently in that way.



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Complex PTSD is REAL~this book can help you HEAL! This book is brilliant, insightful, enlightening, compassionate, validating, nurturing, and very healing. But of all books I've read on the topic, Pete Walker's *Complex PTSD: From Surviving to Thriving* will do the absolute BEST job of mapping the recovery process from the survivor's perspective. We told my girl, who was simply recently accepted into a Master's program to satisfy her dream of becoming a therapist, that Pete Walker's *COMPLEX PTSD* is my brand-new self-help "bible." I intend to buy many as gifts. The initial one will go to my awesome daughter. Not only has the presence of Complex PTSD been ignorantly denied simply by many in the psychiatric professions, those of us who suffer with this grievous psychological injury are often misdiagnosed with an array of stigmatizing mental ailments, mainly because Pete Walker discusses in the first chapter of the book. For most of my life, my internal critic bought into this awful shame and self-blame. My childhood trauma and subsequent dissociation was so severe that my initial label, at age 14, was schizophrenia. I was given that diagnosis in 1967, more than a decade before Post-Traumatic Stress Disorder was the official psychiatric label. (We put the FUN in dysfunction! Of course I wanted to believe them, because who likes to think that these were ever psychotic? However, through my analysis in preparation of writing a memoir about my knowledge, I have come to the conclusion that I was, certainly, schizophrenic for just two of my teenage years. Pete Walker's book is the first present day authoritative publication I've read which acknowledges that in its severest form, Complex PTSD can cause an exceptionally traumatized child to develop schizophrenia. I highly recommend this publication to anyone who thinks they might have complex PTSD (cPTSD) or PTSD. revisit it at a later date. I am living proof that this is true. Today We am in my early 60s and happily married to my companion, a Chaplain who is a Vietnam veteran with combat-related PTSD. Numerous doctors and therapists have told me through the years that We was badly misdiagnosed, because We am never schizophrenic. you call 911 and have them the care they have to facilitate their recovery. I am deeply grateful to Pete Walker for writing this reserve. I highly recommend it to whoever has been psychologically wounded by early childhood trauma or neglect, or for anyone interested in assisting people with CPTSD. Yes, Complex PTSD is "real," whatever the DSM gurus state; Thank you, Mr. People who have Complex PTSD aren't crazy, or bad, or fragile, or lazy, or inherently/genetically defective, nor are we "whiners who don't want to let go of the past" ~ we have been simply ordinary individuals who have been grievously psychologically injured, and it is not our fault. I don't think so. You don't berate someone for bleeding when they have been stabbed, not should you have any compassion;) Although I am now a great-grandmother, I am still actively and enthusiastically learning, growing, and recovering from my long-ago developmental wounds.\*\*\*Deal with PTSD carefully: Compassion, Acceptance, Respect and Empathy/Encouragement. Nevertheless cPTSD, focuses more on an underlying childhood filled with neglect, abandonment, constant painful criticism from parents, and so forth." Having PTSD is painful and debilitating plenty of, without also getting SHAMED for it. Throughout more than four decades of desperately looking for therapeutic help, I have already been given more information on various psychiatric labels. It is a un-imaginable hellish nightmare. Will there be any other thing more miserable than hating yourself? Having a PTSD reaction to extreme trauma is NORMAL, simply as it is normal to bleed if you are stabbed. The flashbacks feel like a emotional sledgehammer and a wrecking ball in your mind that you cannot control, no matter how hard you might try. Other brain imaging studies have found that, thanks to neuroplasticity, the injured human brain may also heal with proper treatment. So grateful! These accidents don't just "go away" when you do not think about them. Berating a person for having PTSD because their trauma occurred in the past is no less ignorant and cruel than chastising

someone who can be paralyzed from the neck down for not getting up and going to function, because the car crash that crushed their backbone happened decades back. Are you fairly dissatisfied with your friendships? Great help for those people struggling with CPTSD! Here is a big great-grandma (((HUG))) for anybody reading this who needs and wants one. He is exactly right. I have gained more insights from this book than I thought it was possible to get from one book. Every web page is full of useful information. For me, honestly, this reserve reads like it is definitely my autobiography. Have you got chronic anxiety? Not only are there insights into what offers caused the cPTSD problems, but there are various tidbits on how best to help yourself learn to escape it. Regarding factors behind cPTSD, it is similar to PTSD but also quite different, though of course there is some overlap. PTSD often has some underlying trigger event or events, such as a violent experience involving crime, accident, injury/death or sexual misuse.\*\*\*My husband and I have both been berated for having PTSD, because "the war has ended" and "your childhood has ended" so therefore we ought to "stop living in the past. If you are suffering right now from lack of self-confidence, continually feeling "not good enough," any type of panic or anger in public situations where you want to hide, run away, or bury yourself into function so very much that everyone calls you a workaholic, I would recommend getting this book and reading chapter 8 1st. Chapter 8 is "Handling Emotional Flashbacks" and includes a great summary of tips about recognizing a flashback and assisting you figure out what to do to recover while in one. The ideas about eliminating both the internal critic (where you criticize yourself) and the external critic (where you criticize others and push them apart) are invaluable. Great book! Ready to Feel Better? Keep picking the wrong person? I have already been reading self-help books for a long time but this is my new #1. The traumatic event may have got occurred in the distant past, however the injury it caused continues to be PRESENT. Did you possess a narcissist, self-indulgent/, self-absorbed, drama-based, and/or detached parent(s)? Many thanks so much Pete Walker Loved this book, so helpful, insightful and healing.. I've learned that it is feasible to heal the pain and that existence can and does progress if you focus on your internal reactions and learn to respect your deep, totally justified need for and to self-love and self-care. It really is invaluable for survivors, therapists, and, I really believe, for close friends and loved ones who want to understand us. Pete Walker's COMPLEX PTSD, from Surviving to Thriving, is the BEST, undoubtedly, of the countless books I have continue reading the main topic of trauma, since my very own PTSD was (finally) correctly diagnosed in 2003. I had gained useful understanding and understanding from Mr. Walker's website, but this publication puts it collectively in such a clear and orderly perspective that I could now see (and experience) what lengths I've come and, moreover, which issues I have to tackle following – and how to tackle them – to be able to more fully reclaim my birthright as a individual. We cannot recommend this publication highly enough. 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 ordinary people on our journey toward bearable, even enjoyable, lives. It clarifies us therefore well. just simply because PTSD was real back when "shell shock" and "hysteria" were the in-vogue labels. Walker, for composing this. As is the whole reserve! As a person who was deeply traumatized in childhood by misuse and neglect, the ideas Pete Walker shares in "Complex PTSD: From Surviving to Thriving" have helped me to reach new levels of happiness I never before thought attainable. The author recommends you read through the book in any order you are feeling like, and disregard anything you think doesn't apply to you. It's very respectful of your personal journey and your needs. It's a great book but a hardcore read whenever your fresh out . An excellent guide through the recovery process As one of several who were able to survive prolonged abuse and neglect

throughout childhood by means of numerous clumsy self-preservation strategies, I've read dozens of great, useful, informative books about them, all of them helpful.. It's an excellent book but a tough read whenever your fresh out of misuse & I would recommend this book to anybody who provides been identified as having trauma. I've acquired to put it down often (triggering) & But the good news is usually that even probably the most severely shattered psyche can heal ~ not 100%, but close enough to live a mostly normal life. Yet there is healing available, that you will see in this wonderful reserve. Best & most comprehensive resource I have ever found to greatly help deal with all the complexities in dealing with CPTSD. Includes many valuable insights. Knowledge is Power C-PTSD can be an especially cruel condition and is hoisted upon children by their parents via traumatizing emotional neglect starting at a very early age. Trough failing woefully to provide interest, treatment, love and security, these children develop a developmental arrest in key areas of self protection, capability to form healthy self respect and human relationships. As adults, these individuals are highly vulnarable to ongoing abuse through the procedure of re-enactment. They have a tendency to attract bullies and are unable to procedure the resulting trauma. It is by far the very best reserve I have continue reading this subject. But I don't hate myself anymore because recently, scientific studies using modern brain-imaging technologies have found that serious trauma literally changes the shape and function of the brain, in both human beings and animals. I've had severe C-PTSD symptoms all my life, including getting psychological flashbacks every short while, of each waking hour for decades. I beat myself up emotionally for a long time, berating myself for my inability to "forgive and forget, live in today, and simply overcome" the traumas that occurred within my developmental years. Because of this book I can now describe the condition and am getting help. EMDR provides been specifically helpful. trauma or an eternity of it. If any of this sounds familiar, this is a must-go through! PTSD and CPTSD are true, physically verifiable injuries. I have made a large step of progress in my recovery because of this book. Good read For anybody seeking answers within life to many of there personal issues that is a very deep understanding of what has happened Book is helpful This book is the first resource on CPTSD I have read and its excellent. I have discovered a lot about myself. I have already recommended the book to a co-worker. Best Publication Ever on C-PTSD This book truly changed my entire life. They suffer from soul destroying loneliness, while struggling psychological flashbacks and disassociation. Helpful and helpful! He really gets it.



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