

BRAVE

A personal story of
HEALING CHILDHOOD TRAUMA



JANYNE MCCONNAUGHEY, PH.D.

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Brave: A Personal Story of Healing Childhood Trauma



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In middle age Janyne began to sense that her amazing, successful life as a wife, mom, and professional educator was a cover for the deep inner pain she had come to learn as “the dark cloud.”’s story and also a tribute to a therapist and client relationship, working as a group to heal attachment wounds and increasingly tragic remembrances. Thus began 3 years of intensive therapy as she fought to heal from sexual abuse that started in a home daycare at the age of three. With a sometimes-conflicted faith in God, and with the support of her therapist, and of her hubby, Janyne fought to heal and integrate. Both discomfort and hope can be found on every page. After that, during her initial EMDR therapy program, three fractured adult parts made a perfect three-stage landing in her conscious awareness. Janyne is normally both vulnerable and triumphant in her writing and will help every reader believe healing from childhood trauma can be done. This is Janyne’ Insights in to the early wiring of unmet attachment needs and also dissociative coping mechanisms are integral to the memoir of healing.



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A Book Every Therapist and Person Who Has Struggled With Trauma Should Browse! Janyne's "Brave," can be an incredible adventure into the resiliency of the individual spirit. Janyne has an uncanny ability to vulnerably explore her own complicated psyche and describe in vivid fine detail her stories of trauma, struggle & most importantly, her recovery. As a therapist, I was in awe at the growth she experienced and just how much insight and wisdom she was able to talk about. I know her book will help countless others who battle to come to grips with the dragon of trauma.. This book is invaluable not merely to anyone who has experienced childhood trauma but to family members, close friends, pastors, counselors, and others who would like to understand and help. I ended so much from it in which hasn't been prepared yet but it provided me insight to so very much about myself as Janyne and I share some of the same abuse/trauma related tragedies in existence. It spoke to me therefore deeply that, at times, I experienced Janyne McConnaughey was informing my own story. The author of "Brave" isn't only brave. She's honest, compassionate, and intensely generous to recount her childhood trauma and the journey she undertook to end up being free of it. McConnaughey presents extremely practical methods teachers, parents and others will start to understand and assist anyone who has suffered trauma of several descriptions. As a survivor of childhood trauma, I could attest to the need to protect ourselves through disassociation from what we, as small children, cannot understand or explain. For anyone dealing with psychological struggles, it will go beyond wish! It gets pretty intense at points. Hope, there is wish! This marvelous account of a woman's bravery in facing and overcoming trauma from repeated sexual abuse in early childhood is certainly not for the faint of heart. Additionally it is a useful tool for anybody who would be willing to walk the trip of support and recovery with another person who has experienced this kind of trauma. Very well written, the reader understands the abuse without giving information. The reader finishes the book cheering the author on and filled with hope that healing can be done for all kids who resided through trauma, life can be done, living can be done, thriving is possible, you just need to follow the actions. Thank you to the writer for sharing her amazing story of wish and healing! For those who have experienced from childhood trauma, it provides real hope for a "normal" lifestyle. For those who work with kids, it can help make us more aware and delicate to silent cries for help. It takes courage to face and get over our living nightmares and Janyne hasn't only performed that, she's also provided a street map of the get away routes to independence. Dr. McConnaughey opens herself up in an honest account of her healing journey and offers wish and help for all who hurt! I consider this book a "must read" specifically for teachers and others who work with children... I could not put this publication down!! It had been remarkable how this smart, talented child created elaborate ways to cope to be able to protect herself. Everyone that works with kids should read this publication to become aware of the symptoms of trauma, and to advocate for every child that suffers trauma to receive therapy as soon as possible! This is certainly an incredible read! A MUST READ This book is going to help so many people. This book will probably be your way to healing from childhood trauma Janyne's expert composing took me personally on a pulse-pounding trip into her tale of childhood trauma and its own deep and long-lasting effects. It wasn't graphic, however the gravity of the events was heartfelt by me. I highly recommend it! Dr. Janyne beautifully articulates her faith trip and how she came to an answer compared to that question. Such an important book! Her continued references to Alice in Wonderland delighted me personally! I really was able to get a Getting inside Dr. McConnaughey's head as she experienced discussions with her youthful self at different ages was surprising initially, but soon I came across it very engaging. Consequently, I am taking my 'self talk' a lot more seriously. Her continued references to Alice in Wonderland delighted me! I really was able to get a feeling for her traumatic experiences straight down a rabbit hole where no one should have to go down. Her willingness to become transparent about her horrifying ordeal, how she experienced God's part in it, and the healing she fought so difficult for, will give hope to various other victims of abuse. What a resilient, inspiring female. I would recommend it to anyone who has experienced childhood trauma and those who know us. If you may want to be sure you have a close friend or counselor

you can discuss it with! McConnaughey lived through so much pain that it is no wonder her brain had to accomplish some unusual coping methods so she could survive. I rejoice on her behalf recovery and for my very own that is still unfolding. Nothing at all graphic, just really emotional. Where is definitely God in tragic situations like hers? It gets pretty intense at points This is an extremely well crafted book, but very difficult to read. But she not only survived, she thrived. This book is not just about the pain, nonetheless it is a book of true expect complete healing! All of us can improve through therapy if we will be brave enough to take that first step. She is an experienced and compassionate Christ honoring auther This book is amazing! The writer was indeed brave to take this trip of discovery as she sought to find out why she experienced from unexplained stress and anxiety, but also brave to inform the world what she found out, which was beyond anything she could have imagined.! A Roadmap To Freedom This is a book that I could not put down until I was finished. Trauma is life changing! Moving from personal encounter with childhood trauma, Dr. Despite a childhood haunted by abuse and pain, this story ends in hope. It was remarkable how this intelligent, talented child created intricate methods to cope in . Insightful This book provides an open and honest understanding of childhood trauma and the healing up process. Her trip to healing can help anyone understand the essential part that you play in the life of a kid. It is a hard but great examine for anyone who dares to handle these problems in themselves. I recommend this reserve for a better knowledge of childhood trauma. There is hope for people to be BRAVE This moving, powerful novel takes us on Janyne's journey through her childhood trauma. She tells her story as if she is speaking directly to us and provides us the power to continue on our very own journey.. True to Yourself & Honesty with Others Honest look in the mirror - keeping it real to avoid errors and consider doing better as a parent, and they are the peripherals to the guts point of the written text. Thank you for being brave enough to talk about your story, Janyne. ladies consider their traumas to adulthood, and Janyne identifies what so many professionals missed! It is a hard but great read for anyone who dares to handle these issues .!! There is HOPE for everyone. I possibly could not put this book down! Janyne's BRAVE journey is an incredible story that has not only helped me, but will help a lot of people.This book has helped me in some deep ways. Males & A great book that helps the reader understand the lifelong effects . Whether you are a therapist attempting to understand your clients and help them navigate through the challenging terrain of trauma, or you're somebody who wants to find out about what wish and healing appears like (with an uncontrolling loving God and compassionate others), this book is certainly for you. Who doesn't wish to be BRAVE? An excellent book that helps the reader understand the lifelong effects of childhood trauma and hope for recovery. There's an urgent need for counselors, specifically those in the church to comprehend and implement what BRAVE thoroughly offers!. As you who has experienced childhood trauma this reserve has encouraged me to re-examine the way I have processed the knowledge. Brave is a honest, open, and hope offering account of the authors path to healing after childhood trauma and emotional neglect. You will think twice about a kid when you observe unruly behavior. It is amazing the coping strategies she used to live a standard life externally, while fighting and surviving inside.



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