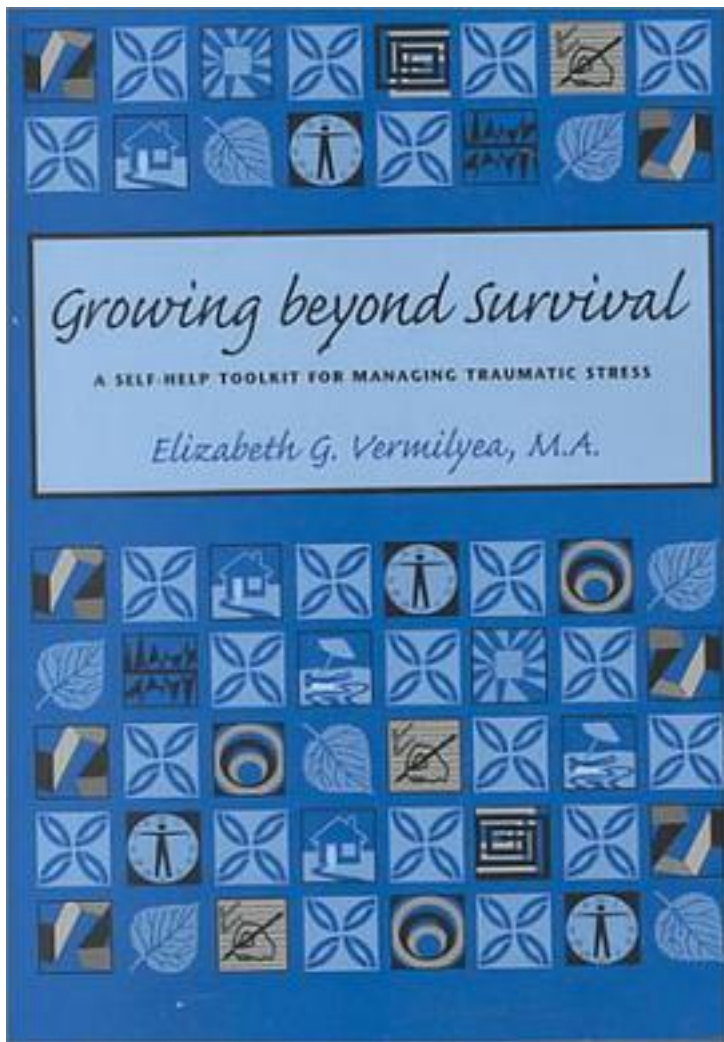


# Growing Beyond Survival



[Growing Beyond Survival 下载链接1](#)

著者:Vermilyea, Elizabeth G.

出版者:Sidran Pr

出版时间:

装帧:Pap

isbn:9781886968097

Growing Beyond Survival is a self-management workbook, which teaches skills that empower survivors to take control of and de-escalate their most distressing trauma related symptoms. Developed with input from survivor advocates in Maine, New York, and Maryland, and with the support of the Departments of Mental Health in the states of Maine and New York, this self-help toolkit is both comprehensive and flexible. This versatile workbook can be used as an independent self-help program, in the context of individual therapy, or in a group setting. It teaches trauma survivors to recognize, contextualize, and understand distressing dissociative and posttraumatic reactions. It also creates a structure in which to learn and practice skills for self-regulation of the troublesome thoughts, feelings, and impulses related to traumatic experiences. Rather than simply offering "band aid"-type crisis intervention, this self-paced program empowers survivors with an understanding of where the symptoms come from and why. By learning a variety of interventions, skills, and techniques, survivors are able to select and make use of different "tools" for different self-regulation purposes.

作者介绍:

目录:

[Growing Beyond Survival\\_ 下载链接1](#)

标签

评论

-----  
[Growing Beyond Survival\\_ 下载链接1](#)

书评

-----  
[Growing Beyond Survival\\_ 下载链接1](#)