

1. Record Nr.	UNINA9910148697003321
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Titolo	Healing the trauma of abuse : a women's workbook // Mary Ellen Copeland, Maxine Harris ; edited by Donna Long
Pubbl/distr/stampa	Oakland, California : , : New Harbinger Publications, Inc., , 2000 ©2000
ISBN	1-60882-299-0
Descrizione fisica	1 online resource (408 pages) : illustrations
Disciplina	362.8292
Soggetti	Abused women - Psychology Wife abuse - Prevention Family violence - Prevention Self-help techniques
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Part 1: Empowerment -- 1. Taking Stock and Getting Started -- 2. What It Means to Be a Woman -- 3. What Do You Know and How Do You Feel about Your Body? -- 4. Physical Boundaries -- 5. Emotional Boundaries -- 6. Self-Esteem -- 7. Self-Soothing -- 8. Intimacy and Trust -- 9. Female Sexuality -- 10. Sex with a Partner -- 11. Transition from Empowerment to Trauma Recovery -- Part 2: Trauma Recovery -- 12. Understanding Trauma -- 13. The Body Remembers What the Mind Forgets -- 14. What Is Physical Abuse? -- 15. What Is Sexual Abuse? -- 16. Physical Safety -- 17. What Is Emotional Abuse? -- 18. Institutional Abuse -- 19. Psychological or Emotional Symptoms19. Psychological or Emotional Symptoms20. Addictive or Compulsive Behaviors -- 21. Abuse and Relationships -- Part 3: Creating Life Changes -- 22. Family Myths and Distortions -- 23. Current Family Life -- 24. Decision Making: Trusting Your Judgment -- 25. Communication: Making Yourself Understood -- 26. Self-Destructive Behaviors -- 27. Blame, Acceptance, and Forgiveness -- 28. Feeling Out of Control -- 29. Relationships -- Part 4: Closing Rituals -- 31. Truths and Myths about Abuse -- 32. What It Means to Be a Woman-Revisited -- 33. Closing Ritual.

Sommario/riassunto

This workbook offers women who have suffered sexual, physical, or emotional abuse crucial skills for coping, self-understanding, and self-care. The book is designed to be worked through from beginning to end, with self-evaluation questionnaires, writing exercises, and a variety of activities and relaxation techniques throughout. Also included are questions to ask a doctor, a personal crisis plan, and a comprehensive list of resources.
