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Titolo	Becoming yourself : overcoming mind control and ritual abuse / / by Alison Miller
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; FOREWORD; Introduction; CHAPTER ONE Symptoms, memories, and evidence; CHAPTER TWO The struggle for healing; CHAPTER THREE Dissociation, multiplicity, and personality systems; CHAPTER FOUR Engineered multiplicity: personality systems created by mind control; CHAPTER FIVE Indoctrination; CHAPTER SIX Sally from three perspectives; CHAPTER SEVEN Internal hierarchies; CHAPTER EIGHT Talking with the higher-ups; CHAPTER NINE Keeping safe from the perpetrator group; CHAPTER TEN Dealing with triggering; CHAPTER ELEVEN Building inner community CHAPTER TWELVE Coping with daily lifeCHAPTER THIRTEEN Emotions; CHAPTER FOURTEEN What about the memories?; CHAPTER FIFTEEN Putting together the traumatic memories; CHAPTER SIXTEEN Looking at your family; CHAPTER SEVENTEEN Healing your sexuality; CHAPTER EIGHTEEN Succeeding in friendships and relationships; CHAPTER NINETEEN Therapy and therapists; CHAPTER TWENTY Overcoming spiritual abuse; CHAPTER TWENTY-ONE Becoming yourself; REFERENCES; INDEX

In contrast to the author's previous book, *Healing the Unimaginable: Treating Ritual Abuse and Mind Control*, which was for therapists, this book is designed for survivors of these abuses. It takes the survivor systematically through understanding the abuses and how his or her symptoms may be consequences of these abuses, and gives practical advice regarding how a survivor can achieve stability and manage the life issues with which he or she may have difficulty. The book also teaches the survivor how to work with his or her complex personality system and with the traumatic memories, to heal the wounds created by the abuse. A unique feature of this book is that it addresses the reader as if he or she is dissociative, and directs some information and exercises towards the internal leaders of the personality system, teaching them how to build a cooperative and healing inner community within which information is shared, each part's needs are met, and traumatic memories can be worked through successfully.
