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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Preface -- Acknowledgments -- Introduction -- Stories for pre-contemplation -- Investing in others : relationships -- Weighing the risks and benefits of change -- Tuning in : parent-child interaction -- Repeated exposure to domestic violence -- Self-destructive behavior -- Confronting entitlement -- Stories for contemplation -- Peeling away defenses -- Safety for self and others -- The blame game -- Self-protection -- Thinking and planning in relationships -- Relationship roles -- The cycle of abuse -- Beyond sex to intimacy -- Stores for preparation -- The powerful pull of the past -- Having the right tools: survival skills -- Facing your own monsters -- Identifying and expressing feelings -- Change takes time -- Codependency -- What comes next? : planning ahead -- Recognizing danger -- Opening your heart -- Expecting the worst : fight or flight -- Stories for action -- Understanding PTSD -- Telling your story : trauma narratives -- Getting past the obstacles -- The whole is greater : becoming new and different -- Mood management -- Seeking approval : attachment disruption -- Cleaning up addictive behaviors -- Trauma reminders -- Regulating affect -- Speaking the same language -- Avoiding blind spots -- Giving birth to something remarkable -- Unconditional

positive self-regard -- Stories for maintenance -- Leaving the past behind -- Preventing relapse -- Becoming whole -- Appendix a: mindfulness overview and narratives -- Appendix b: adult attachment questions -- References -- Index -- About the author.

Sommario/riassunto

Outsmarting the Riptide of Domestic Violence: Metaphor and Mindfulness for Change by Dr. Pat Pernicano translates issues central to domestic violence recovery into metaphorical stories and mindfulness narratives that will facilitate the change process. The stories are intended to be used in conjunction with trauma-focused interventions in order to reduce troubling symptoms, address risk and relapse-potential, change relational patterns, and remediate attachment deficits