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Nota di contenuto	Cover -- Copyright -- About the Author -- Table of Contents -- Worksheets -- Acknowledgments -- Trauma Survivors: How to Use this Book -- Therapists: How You and Your Client Can Use this Book -- 1. The Living Legacy of Trauma -- Worksheet 1. The Living Legacy of Trauma -- Worksheet 2. How Did Your Symptoms Help You Survive? -- 2. Understanding the Traumatized Brain -- Worksheet 3. Getting to Know Your Brain -- Worksheet 4. How Your Brain Remembers the Trauma -- Worksheet 5. Recognizing Triggers and Triggering -- Worksheet 6. How Can You Tell You Are Triggered? -- 3. How the Brain Helps Us Survive -- Worksheet 7. Differentiating Past and Present -- Worksheet 8. How Our Nervous System Defends Us -- Worksheet 9. Trauma and the Window of Tolerance -- 4. The Challenge of Post-Traumatic Coping -- Worksheet 10. How Do You Try to Regulate Your Traumatized Nervous System? -- 5. Recovering from Self-Destructive Patterns of Coping -- Worksheet 11. Tracking Your Abstinence/Relapse Cycle -- Worksheet 12. Breaking the Cycle -- Worksheet 13. How Working Memory Interprets Our Experience -- Worksheet 14. Getting Help from the Noticing Brain -- Worksheet 15. 10% Solutions -- 6. Trauma and Attachment -- Worksheet 16. Noticing Your Reactions to Closeness and Distance -- Worksheet 17. Traumatic Attachment Patterns -- Worksheet 18. Changing Our Attachment Patterns -- 7. Trauma-Related Fragmentation and Dissociation -- Worksheet 19. The

Structural Dissociation Model -- Worksheet 20. Identifying the Traumatized Parts -- Worksheet 21. Signs of Structural Dissociation -- Worksheet 22. Speaking the Language of Parts -- Worksheet 23. Strengthening Your "C" Qualities -- 8. Healing and Resolution -- Worksheet 24. The Four Steps to Freedom -- Worksheet 25. In Which Phase of Recovery Are You? -- Worksheet 26. Welcoming Your Younger Selves -- References.

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### Sommario/riassunto

Traumatic experiences leave a "living legacy" of effects that often persist for years and decades after the events are over. Dr. Janina Fisher, international expert on trauma, has spent over 40 years working with survivors, helping them to navigate the healing journey. In Transforming the Living Legacy of Trauma, she shows how the legacy of symptoms helped them survive.

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