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Cultivating Hope With Abuse Survivors

Connie Robillard MA

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The authors are psychotherapists who created this book as a companion/ workbook to the DVD Common Threads: Stories of Life After Trauma. Their reasons for this project is to provide a teaching tool for individuals and professionals. Their goal is to promote increased understanding about the long term effects of child abuse on individuals, families and our society. Cultivating Hope suggests therapeutic techniques to decrease the symptoms associated with PTSD and complex trauma, identify sexually abused children and what we can do as a community to protect them from additional unintentional trauma. This is a must read for teachers, medical professionals, counseling students and individuals and families whose lives have been touched by domestic violence, sexual abuse, family disruption and loss. Perfect for college classes, community education, discussion groups and individual healing. Cultivating Hope With Abuse Survivors will not disappoint. Used with the DVD this is a complete educational packet that will provide weeks of education for mental health and nursing professionals. Recommended by Richard Schwartz, founder of Internal Family System's Therapy.

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