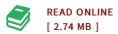




# Restoring Hope and Trust: An Illustrated Guide to Mastering Trauma

By Lisa Lewis

Sidran Press. Paperback. Book Condition: New. Paperback. 145 pages. Dimensions: 9.9in. x 6.9in. x 0.4in.Understanding how childhood trauma overwhelms adult well-being is at the cornerstone of Restoring Hope and Trust: An Illustrated Guide to Mastering Trauma. Although survivors may use avoidance strategies to cope with the impact of past trauma, many find that it bubbles up anyway often following other life stressors or a new trauma. Restoring Hope and Trust discusses memories of the past, the role of the nervous system, depression, self-image, and the traumatized worldview, showing clearly how past trauma affects present-day success, happiness, and relationships. This conceptual framework empowers survivors to embark on the healing journey. Restoring Hope and Trust is a compact volume based on a ten-session course that brings old and new understanding together in the psychoeducational approach using simple language, illustrations, awareness exercises, and study questions to guide readers whether they are people on the healing journey or clinicians. Author Lisa Lewis notes the importance of learning new strategies for dealing with past trauma: Too often patients want to jump into the processing of trauma before they have found healthy ways of regulating their emotions. It s important to be able to talk about...



#### Reviews

I just started out reading this ebook. I could comprehended every little thing out of this written e book. I am pleased to inform you that this is actually the very best publication i have read through inside my personal life and could be he best ebook for ever.

-- Antonia Orn IV

This sort of pdf is everything and made me hunting forward and a lot more. It is packed with knowledge and wisdom I am just happy to inform you that this is the greatest ebook i have study within my own existence and might be he very best ebook for actually.

-- Celestino Blanda

## You May Also Like



#### A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to sharpen their skills and dont mind...



#### Free to Learn: Introducing Steiner Waldorf Early Childhood Education

Hawthorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, Free to Learn: Introducing Steiner Waldorf Early Childhood Education, Lynne Oldfield, A guide to the principles and methods of Steiner Waldorf Early Childhood education. Lynne Oldfield draws on kindergarten experience from around the...



#### A Smarter Way to Learn Jquery: Learn It Faster. Remember It Longer.

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Youre going to get the hang of jQuery in less time than you might expect. And the...



Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

 $Creates pace, United States, 2015. \ Paperback. \ Book Condition: New. \ 258 \times 208 \ mm. \ Language: English. \ Brand \ New Book ***** Print on Demand *****. This isn t porn. \ Everyone always asks and some of our family thinks it is for sure. but its not....$ 



Fun to Learn Bible Lessons Preschool 20 Easy to Use Programs Vol 1 by Nancy Paulson 1993 Paperback Book Condition: Brand New. Book Condition: Brand New.



### Next 25 Years, The: The New Supreme Court and What It Means for Americans

SEVEN STORIES PRESS, 2008. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order. Orders are dispatched Monday â" Friday....