

Emotional Sobriety From Relationship Trauma To Resilience And Balance

Emotional Sobriety - Tian Dayton 2010-01-01

Picking up right at the point where Janet Woititz's 1990 hit book *Adult Children of Alcoholics* left off, clinical psychologist Tian Dayton's latest contribution contains fresh perspectives and new analysis on how to gain back emotional stability after growing up with the trauma of addiction, abuse, and dysfunction. Dr. Dayton accomplishes this by presenting and explaining the latest research in neuropsychology and the role trauma plays on chemically altering the brain. With compassion and clear explanations and her own personal journey, Dayton teaches readers how to undo the neuropsychological damage of trauma to rewire the brain and reverse the negative effects trauma has on our future relationships and behaviors to gain emotional sobriety. In *Emotional Sobriety*, Dr. Dayton teaches readers: How to understand the mind/body relationship of addiction and relationship trauma How to rewire your brain to undo the negative effects trauma has on personal, career, and romantic relationships How changing the way one lives and perceives adult relationships can change the way one thinks and feels and vice versa

The Resilient Practitioner - Morse-Alumni Association Distinguished Teaching Professor Thomas M Skovholt 2014-04-08

Therapists and other helping professionals, such as teachers, doctors and nurses, social workers, and clergy, work in highly demanding fields and can suffer from burnout, compassion fatigue, and secondary stress. This happens when they give more attention to their clients' well being than their own. Both students and practitioners in these fields will find this book an essential guide to striking an optimal balance between self-care and other-care. The authors describe the joys and hazards of the work, the long road from novice to senior practitioner, the essence of burnout, ways to maintain the professional and personal self, methods experts use to maintain vitality, and a self-care action plan. Vivid real-life examples and self-reflection questions will engage and motivate readers to think about their own work and ways to enhance their own resilience. Eloquently written and supported by extensive research, helping professionals will find this a valuable resource both when a novice and when an experienced practitioner.

Innovations in CBT for Childhood Anxiety, OCD, and PTSD - Lara J. Farrell 2019-04-25

The book collates the latest innovations in cognitive behavioral therapy for child and adolescent anxiety disorders, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD).

Recovering Spirituality - Ingrid Mathieu 2011-08-24

Guides those in recovery in developing the awareness and skills to deal with life's issues by practicing authentic spirituality and emotional sobriety. Spirituality is a critical aspect of the Twelve Steps and other recovery programs. Yet, for those of us disposed to addiction, it can be easy to get so caught up in the idea of our Higher Power and the abundant joys of a spiritual life that we experience "spiritual bypass"--the use of spirituality to avoid dealing with ourselves, our emotions, and our unfinished business. In *Recovering Spirituality*, researcher and clinical psychologist Ingrid Mathieu uses personal stories and practical advice to teach us how to grow up emotionally and take responsibility for ourselves. Without turning away from the true benefits of an active spiritual program, she shows us how to work through life's challenges and periods of pain while evolving and maintaining an authentic relationship with our Higher Power.

Trauma and Addiction - Tian Dayton 2010-01-01

For the past decade, author Tian Dayton has been researching trauma and addiction, and how psychodrama (or sociometry group psychotherapy) can be used in their treatment. Since trauma responses are stored in the body, a method of therapy that engages the body through role play can be more effective in accessing the full complement of trauma-related memories. This latest book identifies the interconnection of trauma and addictive behavior, and shows why they can become an unending cycle. Emotional and psychological pain so often lead to self-medicating, which leads to more pain, and inevitably more self-medicating, and so on--ad infinitum. This groundbreaking book offers readers effective ways to work through their traumas in

order to heal their addictions and their predilection toward what clinicians call self-medicating (the abuse of substances [alcohol, drugs, food], activities [work, sex, gambling, etc.] and/or possessions [money, material things].) Readers caught up in the endless cycle of trauma and addiction will permanently transform their lives by reading this book. Therapists treating patients for whom no other avenue of therapy has proved effective will find that this book offers practical, lasting solutions. Case studies and examples of this behavioral phenomenon will illustrate the connection, helping readers understand its dynamics, recognize their own situations and realize that they are not alone in experiencing this syndrome. The author deftly combines the longstanding trauma theories of Van der Kolk, Herman, Bowlby, Krystal and others with her own experiential methods using psychodrama, sociometry and group therapy in the treatment of addiction and posttraumatic stress disorder. While designed to be useful to therapists, this book will also be accessible to trade readers. It includes comprehensive references, as well as a complete index.

12 Smart Things to Do When the Booze and Drugs Are Gone - Allen Berger 2010-09-08

The author of the classic *12 Stupid Things That Mess Up Recovery* offers a fresh list of "smart" things to do to attain and sustain emotional sobriety. Learn the attitudes and behaviors that are key to attaining and sustaining emotional sobriety and developing a deeper trust in the process of life. Dr. Allen Berger draws on the teachings of Bill W. and psychotherapy pioneers to offer us twelve hallmarks of emotional sobriety. These "right actions" help us develop the confidence to be accountable for our behavior, to practice asking for what we want and need, and to cultivate a deeper trust in the process of life. Dr. Berger's list of smart things includes understanding who you are and what's important to you learning not to take others' reactions personally trusting your inner compass Through practicing these twelve things, we find release from what Bill W. described as an "absolute dependence on people or circumstances. Freed from the emotional immaturity that fueled our addictive personality and hurt ourselves and others, we can develop the tools to find strength from within and continue our successful journey of recovery.

Redirect - Timothy D. Wilson 2011-09-08

What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing -- the scientifically based approach described in *Redirect* -- can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, *Redirect* demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives. "There are few academics who write with as much grace and wisdom as Timothy Wilson. *Redirect* is a masterpiece." -- Malcolm Gladwell

12 Essential Insights for Emotional Sobriety - Allen Berger 2021-06-08

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You Can't Make Me Angry - Dr. Paul O. 2022-01-14

"And acceptance is the answer to all my problems today." You may already know of Dr. Paul's simple yet profound wisdom in the frequently quoted passage from his story in the *Big Book of Alcoholics Anonymous*. Dr. Paul continues sharing his experience, strength and hope in this, his second book, "You Can't Make Me Angry": "By the time you put this book down, you will be convinced that people and circumstances don't make us angry; we make ourselves angry. People can't make us angry--unless we let them. We alone are responsible for our feelings." "A measure of the effectiveness of communication is the result it produces. If you don't like the results you are getting when communicating with another person, there's a great deal you can do about it. I'm not willing to let any thing or any person put my physical sobriety at risk; why

should I put less value on my emotional sobriety?" "For physical sobriety, we had to give up drinking, and for emotional sobriety, we have to give up blaming others. No longer can we say, "You made me angry!" Instead, we must accept personal responsibility for our emotional state. This much responsibility may seem extreme, yet in fact it is a great freedom. Henceforth, no person or situation can upset us if we don't give them or it permission to do so. What could be a greater freedom than that?" "Emotional maturity is like serenity. The first time I felt serene, I wondered what was happening, but I liked the feeling and wanted more. The more I got, the more I wanted. Serenity is addictive."

Soberful - Veronica Valli 2022-01-25

As the ever-increasing "quit-lit" audience explores new ways to get sober, many are asking, "What's next?" A renowned sobriety coach shares a road map for long-term change and a fulfilling, alcohol-free life. Here is a practical and straightforward program to stop drinking, stay stopped, and develop emotional sobriety.

One Foot in Front of the Other - Tian Dayton, Ph.D. 2013-12-10

365 days of inspiration for the recovery journey, filled with wisdom to ground, guide, and renew the spirit. Recovery—whether from addictive or compulsive behaviors, codependency, childhood trauma, dysfunction or loss—is not an event to be conquered, but an ongoing process of healing and self-discovery. It requires patience, perseverance, and self-awareness. Putting one foot in front of the other, moment-by-moment and day-by-day, builds courage, self-esteem, and resilience. A key component of staying on the right path is guidance from those who have walked it before. *One Foot in Front of the Other* gives readers a hand to hold as they face the challenges of living and provides a wellspring of knowledge from which to draw inspiration, and hope. Nationally renowned trauma and recovery expert Dr. Tian Dayton gives readers all the tools they will need on their journey of recovery, just as she has for countless of her own patients. Written in the 'I' format, each page speaks intimately to readers, offering straightforward and user-friendly wisdom through inspired readings. This powerful little book will help readers examine their lives and recapture feelings of gratitude and positivity opening to the grace of self-renewal.

Recovery Zone Volume 2 - Patrick Carnes 2021-10-19

The process of therapy and treatment means stepping into an unfamiliar, new world with very different perspectives, processes and even its own language at times. The goal of this extraordinary world is to repair, restructure, and build the internal structures to cope with losses, trauma, dysfunction, toxic stress, and addiction. The first of the Recovery Zone series focuses on the often painful and difficult internal tasks for that transition. This first book in the series by Patrick Carnes is already regarded as a classic and has been a durable best seller for the past decade. The second volume is now here, and Dr. Carnes helps with the issue of "now that I know all of this, what do I do?" How to translate the inner transformation into my everyday world? I have discovered the real "me" but what does that mean for me to integrate ideas and skills with my relationships, work, values, lifestyle -- and be happy? Much has been written about overcoming trauma, grief, dysfunctional relationships and the sinkholes of the various addictions. The sequel of Recovery Zone provides real answers about how to stay in the zone when traumatic events, toxic stress, and easy access to escape surrounds you. The goal must be an "Ultimate To Do List" so you do not miss out on the life you want and feel a genuine call to do. Core to this platform is a resilience built on ten master skills and thirty operational strategies that users describing as "defining" passage into a new life. The joke about life being what happens when you are on the way to do something else, has little reality at the end of this second volume. Dr. Carnes is widely known for his personal sharing, his warm and engaging stories, and his ability to weave complex science into something that everyone can use. These materials have evolved with the help of over two thousand therapists and the experiences of many thousands of patients. Another vintage of classic Carnes's writing.

Integral Recovery - John Dupuy 2013-05-01

Brings Integral Theory to addiction treatment, offering a more holistic vision of recovery and powerful practices for achieving it.

The ACOA Trauma Syndrome - Tian Dayton 2012-09-03

Bestselling author, psychologist, and psychodramatist Dayton examines childhood trauma through an exploration of the way the brain and body process frightening or painful emotions and experiences.

Heartwounds - Tian Dayton, Ph.D. 1997-10-01

Trauma has been defined as an interruption of an affiliative or relationship bond. If left unsettled, past grief and psychological trauma can continue to impact our adult relationships and cause us pain in our entire lives. It's possible we may not even realize what is happening to us because usually relationships fail in parts rather than in total. Early childhood losses or traumas can create pain that is relived in adult intimate relationships. Intimacy can provide both an arena for re-enacting old pain and/or healing it. In this fascinating work, noted psychodramatist Tian Dayton shows readers how relationships can be used as a vehicle for healing, personal growth and spiritual transformation. Through fascinating case studies and probing exercises, Dayton helps readers get in touch with the deepest parts of themselves and heal the wounds that plague them.

The Soulful Journey of Recovery - Tian Dayton 2019-11-05

Includes bibliographical references (pages 255-258)

Emotional Sobriety Workbook - Tian Dayton 2009-10

This workbook is designed to go with my book *Emotional Sobriety: From Relationship Balance to Resilience and Balance*, not to be used on its own. *Emotional Sobriety* is available everywhere books are sold and through my web site tiandayton.com. This workbook not a substitute for therapy nor does it give any advice or direction beyond that of any book. The writer cannot assume any responsibility for interpretations made. This workbook includes questions, self-assessments and journaling exercises designed to help you to develop the skills of emotional sobriety. Work on sections in order or in whatever way best suits your needs.

Allies in Healing - Laura Davis 2012-11-13

"But what about me?" "Is it possible to go one day without dealing with the survivor's issues?" "Will we ever make love again?" "Will the survivor love me in the end?" "How do I know if I should throw in the towel?" Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners—girlfriends, boyfriends, spouses, and lovers—trying to support the survivors in their lives while tending to their own needs along the way. She shows couples how to deepen compassion, improve communication, and develop an understanding of healing as a shared activity. Addressing partners' most important questions, *Allies in Healing* covers: *The Basics*—answers common questions about sexual abuse. *Allies in Healing*—introduces key concepts of working and growing together. *My Needs and Feelings*—teaches partners to recognize, value, and express their own needs. *Dealing with Crisis*—includes strategies for handling suicidal feelings, regression, and hopelessness. *Intimacy and Communication*—offers practical advice on dealing with distancing, control, trust, and fighting. *Sex*—provides guidelines for coping with flashbacks, lack of desire, differences in sexual needs, and frustration. *Family Issues*—suggests a range of ideas for interacting with the survivor's family. *Partners' Stories*—explores the struggles, triumphs, and courage of eight partners.

Daily Affirmations for Forgiving and Moving On - Tian Dayton 2010-01-01

There is a point in our lives when we seem to stand in the center of our own decision about who we are and how we want to be. It comes after enough of the past pain, resentment and grief have been spent, enough deep holes and yearnings have been filled, enough baggage from the past has been dealt with. Now that we've restored ourselves to a "good enough" status, we're ready to meet life more or less as it is happening. At this point we need to recognize which attitudes and behavior patterns will serve us throughout the rest of our lives and which need to be let go. Can the lives we have envisioned for ourselves flourish under the weight of carried resentment from the past? What does it cost us in terms of happiness and well-being to hang on to the blame and hurt?

Drama Games - Tian Dayton, Ph.D. 1990-03-01

Experiential therapy is used to locate repressed feelings and re-experience them. Once we feel them in the present, we can come to terms with them and put them in their proper perspective. We can use our energies to truly enter into the moment with all our awareness. The quality of our happiness lies in our ability to experience what is around us. Feelings are often attached to roles. When we experiment with different roles we gain information about our personal history and play with new possibilities for change. Games help us to increase concentration, develop thinking skills and to coordinate thought, emotion and action. They are a way to allow humor and fun to enter into the therapeutic process. This book is designed to help participants get in touch with and express buried feelings in a safe and structured way and to offer

training in the ability to be creative and spontaneous.

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