

Sexual Healing Transforming The Sacred Wound

Trauma-Proofing Your Kids - Peter A. Levine, Ph.D. 2014-09-16

Now in 15 languages. Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient, confident, and even joyful. The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. *Trauma-Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life’s circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. *Trauma-Proofing Your Kids* is a treasure trove of simple-to-follow “stress-busting,” boundary-setting, sensory/motor-awareness activities that counteract trauma’s effect on a child’s body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

Discovering the Inner Mother - Bethany Webster 2021-01-05

Sure to become a classic on female empowerment, a groundbreaking exploration of

the personal, cultural, and global implications of intergenerational trauma created by patriarchy, how it is passed down from mothers to daughters, and how we can break this destructive cycle. Why do women keep themselves small and quiet? Why do they hold back professionally and personally? What fuels the uncertainty and lack of confidence so many women often feel? In this paradigm-shifting book, leading feminist thinker Bethany Webster identifies the source of women’s trauma. She calls it the Mother Wound—the systemic disenfranchisement of women by the patriarchy—and reveals how this cycle is perpetuated by wounded mothers who unconsciously pass on damaging beliefs and behaviors to their daughters. In her workshops, online courses, and talks, Webster has helped countless women re-examine their lives and their relationships with their mothers, giving them the vocabulary to voice their pain, and encouraging them to share their experiences. In this manifesto and self-help guide, she offers practical tools for identifying the manifestations of the Mother Wound in our daily life and strategies we can use to heal ourselves and prevent our daughters from enduring the same pain. In addition, she offers step-by-step advice on how to reconnect with our inner child, grieve the mother we didn’t have, stop people-pleasing, and, ultimately, transform our heartache and anger into healing and self-love. Revealing how women are affected by the Mother Wound, even if they don’t personally identify as survivors, *Discovering the Inner Mother* revolutionizes how we view mother-daughter relationships and gives us the inspiration and guidance we need to improve our lives and ultimately create a more equitable society for all.

Sacred Wounds - Teresa B. Pasquale 2015-10-20

Trauma therapist Teresa B. Pasquale offers healing exercises, true-life examples, and life-

giving discussion for anyone suffering from the very real pain of church hurt. Pasquale, a trauma survivor herself, understands the immeasurable value of our wounds once we've acknowledged them and recovered in community. That's why the wounds are "sacred," and the hope this book offers is a powerful message to anyone suffering from this widespread problem. This book explores the nature of emotional wounds, trauma, and spiritual hurt that come from negative religious experience. Some of the features are: Stories from a wide range of persons hurt by negative religious experience Healing and contemplative practices to help readers explore their own spiritual story and practical ways to move towards personal healing A journey through the experience of trauma in religious settings and how it is both relatable to other forms of trauma and distinctive -- outlining both facets An exploration of the author's own personal and professional understanding of hurt, trauma, PTSD, and the power of resiliency and healing *Trauma Through a Child's Eyes* - Peter A. Levine, Ph.D. 2010-05-18

An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do. Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through a Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

Suffering and the Heart of God - Diane Langberg 2015-09-01

She's seen slave dungeons in Ghana. Genocide in Rwanda. Systemic sexual abuse in Brazil. Child abuse and domestic violence in the US. After forty years of counseling abuse survivors around the world, Dr. Diane Langberg, a world

renowned trauma expert, remains certain that what trauma destroys, Christ can and does restore. This book will convince you, too, of the healing heart of God. But it's not a fast process, instead much patience is required from family, friends, and counselors as they wisely and respectfully help victims unpack their traumatic suffering through talking, tears, and time. And it's not a process that can be separated from the work of God in both a counselor and counselee. Dr. Langberg calls all of those who wish to help sufferers to model Jesus's sacrificial love and care in how they listen, love, and guide. The heart of God is revealed to sufferers as they grow to understand the cross of Christ and how their God came to this earth and experienced such severe suffering that he too is "well-acquainted with grief." The cross of Christ is the lens that transforms and redeems traumatic suffering and its aftermath, not only for the sufferer, but it also transforms those who walk with the suffering. This book will be a great help to anyone who loves, listens to, and seeks to help someone impacted by trauma and abuse. There is no quick fix, but there is the hope for healing through the love of God in Christ.

Transforming the Sacred Wound - Daniel Lewis 2017-04-11

Your body has a natural process for healing trauma and restoring resilience in your nervous system. Unfortunately, few of us are taught to identify and allow this process to happen when it arises. *Transforming the Sacred Wound* shares the principles and skills you need to restore your sacred inner space and move forward in your life with greater presence, focus, and passion. Healing the wounds of sexual trauma has long been considered by many psychotherapists to be one of the most challenging tasks a person will ever face.

Educational Strategies for Youth Empowerment in Conflict Zones - Nyla Ali Khan 2021-02-03

This book offers fresh and exciting new directions of inquiry into the highly contentious issue of conflict resolution in South Asia. By shifting its gaze from a politics of division mired in ethno-nationalisms into a healing and restorative focus, the author moves the dialogue forward into the realm of community, healing, and shared governance. The book analyzes the major constitutional and political missteps that

have led to the current situation of violence and distrust in countries such as India and Pakistan, keeping the focus on Jammu and Kashmir. This monograph will appeal to a wide range of audiences including academics, researchers, graduate students interested in South Asian politics, development, trauma studies, and peace and conflict studies.

Rewire Your Brain - John B. Arden 2010-03-22
How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.
Waking the Tiger: Healing Trauma - Peter A. Levine, Ph.D. 1997-07-07

Now in 24 languages. Nature's Lessons in Healing Trauma... *Waking the Tiger* offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed. *Waking the Tiger* normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

The Psychedelic Explorer's Guide - James Fadiman 2011-05-18
Psychedelics for spiritual, therapeutic, and problem-solving use • Presents practices for safe and successful psychedelic voyages, including the benefits of having a guide and how to be a guide • Reviews the value of psychedelics for healing and self-discovery as well as how LSD has facilitated scientific and technical problem-solving • Reveals how microdosing (ultr-low doses) improve cognitive functioning, emotional balance, and physical stamina • This year 600,000 people in the U.S. alone will try LSD for the the first time, joining the 23 million who have already experimented with this substance Called "America's wisest and most respected authority on psychedelics and their use," James Fadiman has been involved with psychedelic research since the 1960s. In this guide to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes, Fadiman outlines best practices for safe, sacred entheogenic voyages learned through his more than 40 years of experience--from the benefits of having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-session intention. Fadiman reviews the newest as well as the neglected research into the psychotherapeutic value of visionary drug use

for increased personal awareness and a host of serious medical conditions, including his recent study of the reasons for and results of psychedelic use among hundreds of students and professionals. He reveals new uses for LSD and other psychedelics, including microdosing, extremely low doses, for improved cognitive functioning and emotional balance. Cautioning that psychedelics are not for everyone, he dispels the myths and misperceptions about psychedelics circulating in textbooks and clinics as well as on the internet. Exploring the life-changing experiences of Ram Dass, Timothy Leary, Aldous Huxley, and Huston Smith as well as Francis Crick and Steve Jobs, Fadiman shows how psychedelics, used wisely, can lead not only to healing but also to scientific breakthroughs and spiritual epiphanies.

Trauma and Memory - Peter A. Levine, Ph.D.
2015-10-27

In *Trauma and Memory*, bestselling author Dr. Peter Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience. Building on his 45 years of successful treatment of trauma and utilizing case studies from his own practice, Dr. Levine suggests that there are elements of truth in both camps. While acknowledging that memory can be trusted, he argues that the only truly useful memories are those that might initially seem to be the least reliable: memories stored in the body and not necessarily accessible by our conscious mind. While much work has been done in the field of trauma studies to address "explicit" traumatic memories in the brain (such as intrusive thoughts or flashbacks), much less attention has been paid to how the body itself stores "implicit" memory, and how much of what we think of as "memory" actually comes to us through our (often unconsciously accessed) felt sense. By learning how to better understand this complex interplay of past and present, brain and body, we can adjust our relationship to past trauma and move into a more balanced, relaxed state of being. Written for trauma sufferers as well as mental health

care practitioners, *Trauma and Memory* is a groundbreaking look at how memory is constructed and how influential memories are on our present state of being.

Internal Family Systems Therapy, Second Edition - Richard C. Schwartz 2019-09-23

Now significantly revised with over 70% new material, this is the authoritative presentation of Internal Family Systems (IFS) therapy, which is taught and practiced around the world. IFS reveals how the subpersonalities or "parts" of each individual's psyche relate to each other like members of a family, and how--just as in a family--polarization among parts can lead to emotional suffering. IFS originator Richard Schwartz and master clinician Martha Sweezy explain core concepts and provide practical guidelines for implementing IFS with clients who are struggling with trauma, anxiety, depression, eating disorders, addiction, and other behavioral problems. They also address strategies for treating families and couples. IFS therapy is listed in SAMHSA's National Registry of Evidence-Based Programs and Practices. New to This Edition *Extensively revised to reflect 25 years of conceptual refinement, expansion of IFS techniques, and a growing evidence base.

*Chapters on the Self, the body and physical illness, the role of the therapist, specific clinical strategies, and couple therapy. *Enhanced clinical utility, with significantly more "how-to" details, case examples, and sample dialogues. *Quick-reference boxes summarizing key points, and end-of-chapter summaries.

Healing Trauma - Peter A. Levine 2008

Medical researchers have known for decades that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain and harmful acting out behaviors. Drawing on nature's lessons, Dr. Levine teaches you each of the essential principles of his four-phase process: you will learn how and where you are storing unresolved distress; how to become more aware of your body's physiological responses to danger; and specific methods to free yourself from trauma.

A Practical Guide to Complex PTSD - Arielle Schwartz 2020-05-12

Reclaim yourself from childhood trauma--evidence-based strategies for healing complex

PTSD Repetitive trauma during childhood can impact your emotional development, creating a ripple effect that carries into adulthood. Complex post-traumatic stress disorder (C-PTSD) is a physical and psychological response to these repeated traumatic events. A Practical Guide to Complex PTSD contains research-based strategies, tools, and support for individuals working to heal from their childhood trauma. You don't have to be a prisoner of your past. Learn the skills necessary to improve your physical and mental health with practical strategies taken from the most effective therapeutic methods, including cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), eye movement desensitization and reprocessing (EMDR), and somatic psychology. When appropriately addressed, the wounds of your past no longer need to interfere with your ability to live a meaningful and satisfying life. This book includes: Understand C-PTSD--Get an in-depth explanation of complex PTSD, including its symptoms, its treatment through various therapies, and more. Address the symptoms--Discover evidence-based strategies for healing the symptoms of complex PTSD, like avoidance, depression, emotional dysregulation, and hopelessness. Real stories--Relate to others' experiences with complex PTSD with multiple real-life examples included in each chapter. Start letting go of the pain from your past--A Practical Guide to Complex PTSD can help show you how.

In an Unspoken Voice - Peter A. Levine, Ph.D.
2012-10-30

Unraveling trauma in the body, brain and mind—a revolution in treatment. Now in 17 languages. In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. *In an Unspoken Voice* is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book

elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.

When Religion Hurts You - Laura E. Anderson
2023-10-17

"Anderson strikes a smart, balanced tone. . . . An exemplary guide to an understudied issue."-- Publishers Weekly "An exposé of the dangers of high-control religions that makes it easier to recognize and resist religious abuse."--Foreword Reviews Religious trauma is something that happens far more often than most people realize. But religious trauma is trauma. In *When Religion Hurts You*, Dr. Laura Anderson takes an honest look at a side of religion that few like to talk about. Drawing from her own life and therapy practice, she helps readers understand what religious trauma is and isn't, and how high-control churches can be harmful and abusive, often resulting in trauma. She shows how elements of fundamentalist church life--such as fear of hell, purity culture, corporal punishment, and authoritarian leaders--can cause psychological, relational, physical, and spiritual damage. As she explores the growing phenomenon of religious trauma, Dr. Anderson helps readers embark on a journey of living as healing individuals and finding a new foundation to stand on. Recognizing that healing is a lifelong rather than a linear process, she offers markers of healing for those coming out of painful religious experiences and hope for finding wholeness after religious trauma.

Bringing Down the Duke - Evie Dunmore
2019-09-03

"Dunmore is my new find in historical romance. Her *A League of Extraordinary Women* series is, well, extraordinary."—Julia Quinn, #1 New York Times bestselling author "With her sterling debut, Evie Dunmore dives into a fresh new space in historical romance that hits all the right notes."—Entertainment Weekly A stunning debut for author Evie Dunmore and her Oxford suffragists in which a fiercely independent vicar's daughter takes on a powerful duke in a fiery love story that threatens to upend the British social order. England, 1879. Annabelle Archer, the brilliant but destitute daughter of a country vicar, has earned herself a place among

the first cohort of female students at the renowned University of Oxford. In return for her scholarship, she must support the rising women's suffrage movement. Her charge: recruit men of influence to champion their cause. Her target: Sebastian Devereux, the cold and calculating Duke of Montgomery who steers Britain's politics at the Queen's command. Her challenge: not to give in to the powerful attraction she can't deny for the man who opposes everything she stands for. Sebastian is appalled to find a suffragist squad has infiltrated his ducal home, but the real threat is his impossible feelings for green-eyed beauty Annabelle. He is looking for a wife of equal standing to secure the legacy he has worked so hard to rebuild, not an outspoken commoner who could never be his duchess. But he wouldn't be the greatest strategist of the Kingdom if he couldn't claim this alluring bluestocking without the promise of a ring...or could he? Locked in a battle with rising passion and a will matching her own, Annabelle will learn just what it takes to topple a duke.... "There is nothing quite so satisfying as seeing such a man brought to his knees by a beautiful woman with nothing to her name except an inviolable sense of her own self-worth."—NPR

[Microdosing with Amanita Muscaria](#) - Baba Masha 2022-08-16

- Shows how Amanita microdoses offered help and healing for a broad range of conditions, including hormonal dysfunction, allergies, gingivitis, heartburn, eczema, psoriasis, depression, epilepsy, hypertension, insomnia, and migraine
- Reveals how Amanita microdoses are effective for pain relief and for interrupting addictions to alcohol, opiates, nicotine, caffeine, and other narcotics
- Details how to safely identify, prepare, and preserve Amanita muscaria, including recipes for tincture, tea, oil, and ointment as well as proper microdose amounts

Exploring the results of the first international study on the medicinal effects of microdosing with Amanita muscaria, the psychoactive fly agaric mushroom, Baba Masha, M.D., documents how more than 3,000 volunteers experienced positive outcomes for a broad range of health conditions as well as enhanced creativity and sports performance. Masha discovered that Amanita microdoses

offered help and healing for hormonal dysfunction, low libido, allergies, asthma, swelling, gingivitis, nail fungus, digestive issues, and skin conditions such as eczema and psoriasis as well as recovery from stroke and cardiac arrest. She found beneficial effects on depression, epilepsy, hypertension, insomnia, and low appetite and shows how Amanita microdoses are quite effective for pain relief, including in cases of rheumatoid arthritis, menstrual pain, and migraine. The author also reveals how Amanita microdoses can interrupt addictions to alcohol, nicotine, caffeine, opiates, and other narcotics. The author details how to safely identify, harvest, prepare, and preserve Amanita muscaria, and she includes recipes for tincture, tea, oil, and ointment as well as proper microdose amounts. She shares more than 780 personal Amanita microdose reports from study participants, detailing the positive, negative, and neutral effects they experienced, and she also shares some Amanita large-dose trip reports, cautioning against this practice because of the mushroom's strong dissociative properties, including amnesia. Revealing the vast healing potential of this ancient mushroom ally, Masha's study shows not only how Amanita can help with many health conditions but also how it activates the ability to feel the value and the significance of your own life experience.

Sacred Woman - Queen Afua 2012-06-20

The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women's bodies and souls "This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one."—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our

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communities, and our world.

Sexual Abuse - Sacred Wound - Stephanie Mines
1996

This book provides understanding and practical guidance for those traumatized by sexual abuse, their families, friends and therapists. Stephanie Mines' approach can be applied with or without a therapist and involves healing through the therapeutic use of art-making in all its forms. A

key to healing is treating trauma as a "sacred wound" on the model of the shaman's initiatic wounding. Stories of men and women healed through expressive therapies, sexual abuse in the name of spirituality, sexual abuse and the family, support resources including extensive lists of organizations and publications, and examples of patients' expressive work.

Sexual Healing Transforming The Sacred Wound:

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