invisible heroes survivors of trauma and how they heal belleruth naparstek

**Invisible Heroes - Survivors of Trauma and How They Heal**

If you or someone you love has suffered a traumatic event, you know the devastating impact it can have on your life and your spirit. Life-threatening accidents, illnesses, assaults, abusive relationships—or a tragedy like 9/11—all can leave deep emotional wounds that persist long after physical scars have healed. Survivors become “invisible heroes,” courageously struggling to lead normal lives in spite of symptoms so baffling and disturbing that they sometimes doubt their own sanity. Now there is new hope for the millions affected by posttraumatic stress disorder (PTSD). Drawing on more than thirty years’ experience as a therapist and on the most recent cutting-edge research, Belleruth Naparstek presents a clinically proven program for recovery using the potent tool of guided imagery. She reveals how guided imagery goes straight to the right side of the brain, where it impacts the nonverbal wiring of the nervous system itself, the key to alleviating suffering. Filled with the voices of real trauma survivors and therapists whose lives and work have been changed by this approach, Invisible Heroes offers: • New understanding of the physical, cognitive, emotional, and behavioral effects of PTSD, who is most susceptible, and why symptoms can get worse rather than better with time • Important insights into how the brain and body respond to trauma, why conventional talk therapy can actually impede recovery, and why the nonverbal, image-based right brain is crucial to healing • A step-by-step program with more than twenty scripts for guided-imagery exercises tailored to the three stages of recovery, from immediate relief of anxiety attacks, flashbacks, nightmares, and insomnia, to freedom from depression and isolation, to renewed engagement with life • A helpful guide to the best of the new imagery-based therapies, and how to incorporate them into an overall recovery plan Belleruth Naparstek concludes with the inspiring words of survivors who have found their way back to peace, purpose, and a deep joy in living. Her compassionate, groundbreaking book can lead you and those in your care to the same renewal and healing.

**Your Sixth Sense - Unlocking the Power of Your Intuition**

Unlock the Boundless Power of Your Intuition We’ve all experienced moments of "knowing" that defy logic and reason. But just what is this extra sense and how does it work? Why do certain life experiences—falling in love, feeling intense grief, having a near-death experience—seem to bring it on? Let this thoughtful and illuminating guide help you coax out your own intuitive wisdom.

**101 Trauma-Informed Interventions - Activities, Exercises and Assignments to Move the Client and Therapy Forward**

This is an imminently practical workbook that shows a variety of invaluable techniques to get centered, calm and organized. An effective and enjoyable guide to help you feel in charge of
yourself." ~ Bessel van der Kolk, M.D. This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional’s expertise. Tools and techniques drawn from the most effective trauma modalities: * Art Therapy * CBT * DBT * EFT * EMDR * Energy Psychology * Focusing * Gestalt Therapy * Guided Imagery * Mindfulness * Psychodrama * Sensorimotor Psychology * Somatic Experiencing and Movement Therapies -BONUS: Book includes a link to all reproducible worksheets! Print and use with clients right away!! Praise for 101 Trauma-Informed Interventions: “Linda Curran's unflagging energy and dedication to the healing of traumatized individuals has led to a voluminous, exciting, and comprehensive, 101 Trauma Informed Interventions. This workbook provides a plethora of effective tools -- traditional as well as innovative -- that can be used in whole or as a part of a course of therapy and also as self-help. The variety of options offered goes a long way towards dispelling the (unfortunately) popular misconception that there are only a limited number of interventions that help people to recover from trauma. Survivors as well as therapists who have been frustrated by the rigidity of strict adherence to evidence based practice will be greatly relieved to find a wealth of useful strategies to experiment, evaluate, and sort into a personally tailored trauma recovery program. This workbook is a god-send for the trauma field, expanding the possibilities for recovery in a most generous way.” ~ Babette Rothschild, MSW author of The Body Remembers and 8 Keys to Safe Trauma Recovery "Linda Curran has carefully and knowledgeably curated a practical, effective collection of interventions that actually work for trauma survivors. Any clinician committed to helping those suffering from posttraumatic stress needs to have these tools and resources to draw upon, because standard talk therapy, nine times out of ten, is simply not going to cut it. These exercises will." ~ Belleruth Naparstek, LISW, author of Invisible Heroes: Survivors of Trauma and How They Heal “Drawing from the whole spectrum of trauma-based therapies, Linda Curran has compiled a sampling of practical exercises designed to help therapists and their clients better navigate the mine field that trauma work can be and find the path to healing.” ~ Richard Schwartz, Ph.D. author of Internal Family Systems Therapy "101 Trauma-Informed Interventions provides an accessible functional “playbook” for therapists committed to the rehabilitation of the client with a trauma history. In a readable volume Curran integrates diverse approaches of treatment and emphasizes the unique role that trauma plays in mental health. Underlying this eclectic strategy is the common theme emphasizing that healing will only begin when the trauma related feelings embedded in the body are appreciated." ~ Stephen W. Porges, Ph.D., author of The Polyvagal Theory "An interesting compendium of potential interventions that can be interwoven into any therapist's existing conceptual framework” ~ Louis Cozolino, Ph.D., Pepperdine University, and author of 5 books including the best-seller The Neuroscience of Psychotherapy, Healing the Social Brain (2nd edition)

Reversing Chronic Pain - A 10-Point All-Natural Plan for Lasting Relief

Reversing Chronic Pain offers a dynamic framework for joining body and mind to speed the healing of traumatic pain from the body level up. Each chapter presents a body-centered skill set that can be mastered through a broad menu of practice exercises. The resulting interlinked
somatic building blocks help readers shift from physical pain to body awareness, and from unstoppable suffering to heartfelt connection and peace. Building on the AIDS cocktail approach that reflects the fact that chronic pain is complex and no one tactic is likely to solve the problem, renowned expert Maggie Phillips presents a 10-1 pain plan comprised of easy strategies based on somatic experience. Even if the reader’s pain is perceived as a “10” at the onset of the program, with 10 being intolerable, the somatic building blocks help shift the pain one point at a time until it gradually diminishes to “1” or even “zero.” Showing how the common professional interventions—medication, physical therapy, acupuncture, biofeedback—may be more harmful than healing, Reversing Chronic Pain stresses self-treatment throughout, involving sufferers in attaining lives not simply endured but actively enjoyed.

**From Trauma to Healing - A Social Worker's Guide to Working with Survivors**

This updated edition of From Trauma to Healing is a comprehensive and practical guide to working with trauma survivors in the field of social work. Since September 11th and Hurricane Katrina, social workers have increasingly come together to consider how traumatic events impact practice. This text is designed to support the process, with a focus on evidence-based practice that ensures professionals are fully equipped to work with trauma. Highlights of this new edition include brand new chapters on practitioner bias and vulnerability, standardized assessment methodologies, and crisis management, as well as a focus on topics crucial to social workers such as Trauma Informed Care (TIC) and Adverse Childhood Events (ACES). The text also offers additional resources including chapter practice exercises and a sample trauma course syllabus for educators. With fresh examples and discussion questions to help deal with traumatic events in practice, including interventions that may be applicable to current and future 21st century world events, such as the coronavirus pandemic, From Trauma to Healing, 2nd edition remains an essential publication on trauma for students and social workers alike.

**A to Z Healing Toolbox - A Practical Guide for Navigating Grief and Trauma with Intention**

When grief and trauma come barreling into life, how does one restore, renew, and rebuild a new sense of self? What does one do after hopes, dreams, assumptions, and core beliefs have been shattered? Social worker and educator Susan Hannifin-MacNab tackled these difficult questions after her husband was killed suddenly, leaving her to pick up the pieces of her young family’s life. She eventually realized that grief and trauma healing do not occur by waiting for time to pass. Action and intention are the pillars needed to lay a foundation for rebirth and build a powerful roadmap for healing mind, body, and spirit. Susan's extensive professional knowledge and deeply moving personal experience combine in A to Z Healing Toolbox, an entire alphabet's worth of proven, practical techniques to accompany you along your own healing journey. This guidebook contains a plethora of life-changing suggestions, powerful daily action steps, independent writing prompts, and inspirational stories from others who have experienced grief or trauma through personal crisis, illness, or death. In times of great darkness, Susan lights a
pathway to wisdom, courage, and hope. AUTHOR BIOGRAPHY: Susan Hannifin-MacNab is a social worker and educator of twenty-five years and leads classes, workshops, and trainings worldwide. She is the founder of A2Z Healing Toolbox, an organization which offers practical tools and resources to those living with grief and trauma. She lives in sunny San Diego with her son and therapy dog. To learn more, visit a2zhealingtoolbox.com. AUTHOR HOME: San Diego, CA

Your Life After Trauma: Powerful Practices to Reclaim Your Identity

Restoring your sense of self after trauma. “In 1981 as a thirteen-year-old child I was given a routine antibiotic for a routine infection and suffered anything but a routine reaction. An undiscovered allergy to the medication turned me into a full-body burn victim almost overnight. By the time I was released from the hospital I had lost 100% of my epidermis. Even more importantly, I had completely lost myself.” Now a professional coach who specializes in helping trauma victims rebuild their lives, Michele Rosenthal struggled with the effects of medically-induced post-traumatic stress disorder (PTSD) for over 25 years before reaching a full recovery. Today, she is 100% free of symptoms of PTSD. In this book, she applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma, in particular the loss of sense of self that often accompanies it. If you suffer from the effects of trauma or PTSD, whether it was caused by a single-incident like a car accident, or from chronic childhood abuse, domestic violence, illness, or war trauma, you are well aware of how disconnected you feel from the person you most deeply wish to be. Trauma interrupts—even hijacks—your identity. To cope, you may rely on mechanisms to keep your emotions, triggers, and responses in check, but these very habits can often prevent the true restoration of safety, stability, and inner connection. How can you rediscover your sense of self so that you honor who you were before the trauma (even if that trauma began at birth), understand who you are at this very moment, and determine who you want to be going forward? Like a therapist in your back pocket, Your Life After Trauma guides you in finding answers to these tough questions. Expertly written by a helping professional who keenly understands the post-trauma identity crisis that is so common among trauma and PTSD sufferers, it is a simple, practical, hands-on recovery workbook. Filled with self-assessment questionnaires, exercises, tips, and tools—not to mention insightful personal and professional vignettes—it takes readers through a step-by-step process of healing the identity crisis, from understanding some of the basic brain science behind trauma and why you feel the way you do, to recognizing who you were (or had the potential to be) before the trauma, who you are today, after the trauma, and who you want to become. With this book by your side, it is possible to regain a sense of calm, confidence, and control on your road to recovery.

Finding Life Beyond Trauma - Using Acceptance and Commitment Therapy to Heal from Post-traumatic Stress and Trauma-related Problems

The principles of the revolutionary new acceptance and commitment therapy (ACT) help readers cope with the aftereffects of traumatic experience through the straightforward exercises
in Finding Life Beyond Trauma.

**Be Fruitful - The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child**

From an internationally recognized integrative physician, a thorough guide to fertility that encompasses all aspects of female well-being to help women prepare their bodies for easy conception, pregnancy, and the delivery of healthy babies. The increase in environmental toxins, processed foods, and stress, as well as the advancing ages at which couples seek to have children, have made it more difficult for women to conceive. In Be Fruitful, Dr. Victoria Maizes, an expert on women’s health and the executive director of the Arizona Center for Integrative Medicine, delivers all the information women and their partners need in order to conceive with ease and confidence, and to bear healthy children. Warm, friendly, and hands-on, Be Fruitful offers a comprehensive self-assessment to help identify any potential physical, emotional, and practical roadblocks that may interfere with conception, as well as clear and easy-to-follow dietary, supplemental, and exercise recommendations proven to increase optimal fertility. Dr. Maizes details how nutrition, mind-body practices, elimination of environmental toxins, and traditional Chinese medicine can all contribute to a successful pregnancy. Unique in its integrative approach, Be Fruitful acknowledges that wellness comes from caring for the entire person—not just the physical body—a crucial factor for the countless women trying to conceive and committed to transforming their overall health.

**The Neurofeedback Solution - How to Treat Autism, ADHD, Anxiety, Brain Injury, Stroke, PTSD, and More**

A guide to neurofeedback for better physical and mental health as well as greater emotional balance, cognitive agility, and creativity • Provides easy-to-understand explanations of different neurofeedback methods--from the LENS technique to Z-score training • Explains the benefits of this therapy for anxiety, depression, autism, ADHD, post-traumatic stress disorder, obsessive-compulsive disorder, brain injuries, stroke, Alzheimer’s, and many other ailments • Explores how to combine neurofeedback with breathwork, mindfulness, meditation, and attention-control exercises such as Open Focus What is neurofeedback? How does it work? And how can it help me or my family? In this guide to neurofeedback, psychologist and neurofeedback clinician Stephen Larsen examines the countless benefits of neurofeedback for diagnosing and treating many of the most debilitating and now pervasive psychological and neurological ailments, including autism, ADHD, anxiety, depression, stroke, brain injury, obsessive-compulsive disorder, and post-traumatic stress disorder. Surveying the work of neurofeedback pioneers, Larsen explains the techniques and advantages of different neurofeedback methods--from the LENS technique and HEG to Z-score training and Slow Cortical Potentials. He reveals evidence of neuroplasticity--the brain’s ability to grow new neurons—and shows how neurofeedback can nourish the aging brain and help treat degenerative conditions such as Alzheimer’s and strokes. Examining the different types of brain waves, he shows how to recognize our own dominant brainwave range and thus learn to exercise control over our mental states. He explains how to combine neurofeedback with breathwork, mindfulness, meditation, and
attention-control exercises such as Open Focus. Sharing successful and almost miraculous case studies of neurofeedback patients from a broad range of backgrounds, including veterans and neglected children, this book shows how we can nurture our intimate relationship with the brain, improving emotional, cognitive, and creative flexibility as well as mental health.