



# TRAUMA AND TRANSFORMATION: A 12-Step Guide.

*Rivka A. Edery LMSW*

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Praise for RIVKA EDERY and TRAUMA AND TRANSFORMATION: A TWELVE STEP GUIDE. How does one formulate a recovery and treatment plan for the profound consequences of surviving trauma? Why should the survivor begin a process of healing with the admission of what happened to them? Is the role of spirituality in trauma recovery necessary in order to heal? In Trauma and Transformation: A Twelve Step Guide, clinical social worker Rivka Edery demystifies the misunderstood resource of spirituality, as it applies to healing from trauma. She provides a guide to a personal spiritual approach that can lead a survivor in a new and powerful direction, perhaps not previously considered. Combining the details of the survivor's inner reality with a step-by-step process of applying spiritual tools to each phase of recovery, Edery demonstrates how such a framework can be highly successful for survivors who seek to lessen their pain and confusion. Edery hypothesizes that for a treatment process to be truly effective, a survivor needs to have special skills in order to overcome their challenges. This is accomplished when a survivor embraces this process. Edery shows you how, step by step. Coming forward with a bold form of guidance, Edery includes specific directions to trauma survivors who wish to make amends for being abusers themselves. Trauma and Transformation: A Twelve Step Guide is the indispensable guide to thoroughly understanding the basic principles of The Twelve Steps as a spiritual program used to treat alcoholics and other individuals with a range of self destructive and addictive tendencies. Offering a chapter-by-chapter synopsis of each of the Twelve Steps of Alcoholic Anonymous, this book offers insight, and guidance for anyone genuinely concerned about how to heal the physical, mental and spiritual wounding caused by traumatic experiences.

\_\_\_\_\_ "Every addict lives a life of trauma. The concept is a natural fit, superb, effective, right on target." -Ted Rado, L.C.S.W. – R, clinical director of a large residential drug treatment program. "This book is a clear and compelling resource that bridges the gap between Psychotherapy and 12-Step work. The wisdom of this experienced trauma specialist shines through on each page. Without question, it is an indispensable resource for both therapists and clients seeking a renewed model and an essential companion for healing." -Susan J. Price, M.S.W., Author, The Female Ego

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