



## Healing Trauma Through Self-Parenting: The Co-Dependency Connection

By Patricia O Gorman, Phil Diaz

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Self-healing through self-parenting, a concept introduced a generation ago, has helped thousands of adult children of alcoholics who are codependent and have conflicts in their primary relationships. Now Patricia O Gorman, PhD, and Phil Diaz, MSW, authors of the classic book *The 12 Steps to Self-Parenting for Adult Children* and its companion workbook, expand the reach of that successful healing paradigm to anyone who has suffered from any kind of trauma. Whether they grew up in a dysfunctional home, were victims of violence, or suffered other types of acute distress, many people struggle to determine the impact of earlier trauma on current adult decision making. O Gorman and Diaz show how trauma is a driver of dysfunctional behaviors and linked with codependency, and they offer a concise yet detailed resource for survivors and thrivers as well as the professionals who work with them. Through a process modeled after the 12 Steps of AA, *Healing Trauma Through Self-Parenting: The Codependency Connection* offers help to a broad array of listeners (not just those who are ACOAs) by healing the wounded inner...



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