



Healing the Trauma of Domestic Violence: A Workbook for Women (New Harbinger Self-Help Workbook)

By Mari McCaig MSW, Edward S. Kubany PhD ABPP

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Many women who free themselves from violent domestic situations experience symptoms of post-traumatic stress disorder (PTSD) long after they achieve physical and emotional safety. A ringing telephone or a crowded city street threatens a potential encounter with their abuser. People they care for seem far away, and things they used to enjoy offer neither pleasure nor relief. Their long, sleepless nights drag on.

If you've freed yourself from an abusive relationship but still suffer from its effects, this program of trauma recovery techniques can help you take back your peace of mind. Based on a clinically proven set of techniques called cognitive trauma therapy (CTT), the exercises in this workbook will help you address feelings of guilt, anger, depression, anxiety, and stress. You'll learn how to break down the negative thoughts that might be cycling in your mind and how to replace them with positive, constructive affirmations. Later in the program, you'll be guided through controlled exposure to abuse reminders, which will enable you to face the fears you might otherwise spend a lifetime avoiding. The program begins and ends with techniques for becoming your own best advocate—an informed, confident person with all the strength you need to create the secure, fulfilling life you deserve.

- Recognize the effects of trauma on your life
- Let go of anger, stress, shame, and guilt
- Change core beliefs that can lead to involvement in abusive relationships
- Confront and overcome your fears
- Dispel feelings of helplessness
- Avoid future involvement with potential abusers

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Editorial Review

Review

From the Publisher

Step-by-step exercises for recovering from the abuse you've endured and taking back your life.

- Two domestic violence experts offer the first-ever PTSD treatment approach to help abused women overcome the trauma they have endured and regain control of their lives.
- This is the only book on the market that discusses CBT as a therapy to treat PTSD from domestic violence and abuse.

About the Author

Mari McCaig, MSCP, is a victim and witness counselor for the Department of the Prosecuting Attorney in Honolulu, HI. She provides counseling for people who have been involved in criminal cases.

Edward S. Kubany, PhD, was employed for fourteen years as a research clinical psychologist with the Department of Veterans Affairs, National Center for PTSD, in Honolulu, Hawaii. Since 1990, he has specialized in the assessment and treatment of PTSD in his research and clinical practice. Kubany has more than twenty-five peer-reviewed publications, was principle investigator or co-principal investigator on four federal grants, and is first author of a self-help book for battered women, *Healing the Trauma of Domestic Violence*.

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Keith Taylor:

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