



Healing Trauma Through Self-Parenting: The Codependency Connection

By Patricia A. O Gorman, Philip Oliver-Diaz

HEALTH COMMUNICATIONS, United States, 2012. Paperback. Book Condition: New. New.. 214 x 138 mm. Language: English . Brand New Book. 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, Ph.D., and Phil Diaz, M.S.W., 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 readers (not just those who are ACOAs) by healing the wounded inner core...



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