

# THE ULTIMATE Trauma Healing Workbook

NERVOUS SYSTEM | TRIGGERS | INNER CHILD | SHAME SPIRALS | ATTACHMENT |  
POST-TRAUMATIC GROWTH

**MY REACTIONS**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**FREEZE CHECKLIST**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**VALIDATION & ANCHORING**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**HOW TO STOP THE SHAME SPIRAL**

1. Acknowledge and validate your feelings

2. Ground yourself using self-regulation

3. Challenge your shame spiral beliefs

4. Do something kind for someone else

5. Practice self-compassion

**MY TRIGGER TR...**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**TRIGGER SCALE**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**MY SAFETY PLAN**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**CORE WOUNDS**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**SOCIETY AND SHAME**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**CONFIDENCE BUILDING**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**EXPLORING INNER C...**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**COMMUNICATING MY TRIGGERS**

Do you experience any of the following reactions? If so, how often?

Reaction	Frequency
...	...

**101+ PAGES!**

**Created by a Trauma Specialist**

# Healing Trauma Guide Complete Workbook

**Wayne D. Gersh, William L.  
Golden, David M. Robbins**



## Healing Trauma Guide Complete Workbook:

*The Complete Mental Health Directory*, 2004 Mental Disorders Mental Health Associations Organizations Government Agencies Clinical Management Pharmaceutical Companies     **The Chemotherapy Survival Guide** Judith McKay, Nancee Hirano, 1993 This helpful guide explains simply and clearly how chemotherapy works how it is administered and how it feels Covers major side effects suggesting ways to prevent or manage nausea hair loss digestive problems and fatigue The focus is primarily on what to do to minimize discomfort and enhance healing Line drawings     *Post-traumatic Stress Disorder* Aphrodite Matsakis, 1994 Includes techniques for managing flashbacks anxiety attacks nightmares insomnia and dissociation working through deeper layers of pain handling survivor guilt secondary wounding low self esteem victim thinking anger and depression     **The Tao of Conversation** Michael Kahn, 1995 The modern approach to many personal interactions especially in the workplace is so competitive that serious and interesting discussions often escalate into argument or disengage before they even begin Ordinary conversations do not often touch on any significant topics and when they do one or more participants may end up feeling hurt or alienated The Tao of Conversation shows readers how to talk about things that really matter in ways that encourage new ideas deepen intimacy and build effective and creative working relationships     *Coping with Chronic Fatigue Syndrome* Fred Friedberg, 1995 Much talked about but little understood Chronic Fatigue Syndrome CFS lacks a well defined cause or treatment Based on up to the minute research findings Friedberg who suffers himself from CFS has devised a nine point plan for taking control of CFS that incorporates a potent link between stress and CFS symptoms

Wellness at Work Valerie O'Hara, 1995     **It's Not Okay Anymore** Greg Enns, Jan Black, 1997 How to put together a safe plan for leaving an abusive relationship Reviewer highly recommends     *The Relaxation and Stress Reduction* Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay, 1995-12 This workbook is designed to teach you the most popular stress management and relaxation techniques and exercises used today Consider it your guide to increasing your awareness of your personal reaction to stress and building your sense of control and mastery over the stressors in your life A basic premise of this workbook is that the benefits of relaxation and stress reduction techniques can only be fully realized after they have been practiced regularly over a period of time Intellectual understanding of most techniques is of little value unless accompanied by firsthand experience Illustrated     *The Resource Guide for Christian Counselors* Douglas R. Flather, 1995 This referral directory gives the user immediate access to essential up to date Christian counseling resources It is organized alphabetically under 46 general topics that encompass counseling issues professional issues and educational issues     *The Addiction Treatment Planner* Robert R. Perkinson, Arthur E. Jongsma, Jr., 2006 The Addiction Treatment Planner Third Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies This Third Edition includes new language for evidence based care that fits mandates set forth by the American Society of Addiction Medicine ASAM which are being

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improve your quality of life      **The Whole-Hearted Healing Workbook** Paula Courteau,2013-07-01 This book at long last is the first Whole Hearted Healing tutorial written for the general public For over 15 years Whole Hearted Healing has proven its worth as an effective trauma healing technique that puts all the control in the hands of the client and radically transforms problems into positive feelings Some key insights by its developer Grant McFetridge translate into a remarkable rate of success This book is intended for people with various levels of experience with regression therapies and Peak States work For determined beginners it is a suitable guide to learning the technique on their own For people who have attended a basic Whole Hearted Healing or Peak States workshop it is an in depth review of the material they covered For people who have practised WHH for a few years using The Basic Whole Hearted Healing Manual as a guide it is an update written for laypeople that includes the latest advances in our understanding of traumas and healing For therapists it is an aid in explaining WHH to clients and in empowering them to participate fully in their own healing And it s an entry level textbook for students working with peak states of consciousness      **Helping Men Recover** Stephanie S. Covington,Dan Griffin,Rick Dauer,2022-08-30 An essential workbook for practitioners treating men with substance use disorders and addiction issues In the second edition of Helping Men Recover A Program for Treating Addiction Workbook a team of distinguished practitioners delivers effective resources and tools to accompany their step by step guide to treating substance use disorders in men The provided templates questions exercises and other resources address four areas including the self relationships sexuality and spirituality and allow men to process and record the therapeutic experience as they move through it This new Workbook presents new exercises to use in group sessions informational summaries and insightful individual reflection questions and activities that clients can use following group sessions

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