



Restoring Hope and Trust: An Illustrated Guide to Mastering Trauma

By Lisa Lewis

Sidran Press. Paperback. Book Condition: New. Paperback. 145 pages. Dimensions: 9.9in. x 6.9in. x 0.4in. Understanding how childhood trauma overwhelms adult well-being is at the cornerstone of Restoring Hope and Trust: An Illustrated Guide to Mastering Trauma. Although survivors may use avoidance strategies to cope with the impact of past trauma, many find that it bubbles up anyway often following other life stressors or a new trauma. Restoring Hope and Trust discusses memories of the past, the role of the nervous system, depression, self-image, and the traumatized worldview, showing clearly how past trauma affects present-day success, happiness, and relationships. This conceptual framework empowers survivors to embark on the healing journey. Restoring Hope and Trust is a compact volume based on a ten-session course that brings old and new understanding together in the psychoeducational approach using simple language, illustrations, awareness exercises, and study questions to guide readers whether they are people on the healing journey or clinicians. Author Lisa Lewis notes the importance of learning new strategies for dealing with past trauma: Too often patients want to jump into the processing of trauma before they have found healthy ways of regulating their emotions. It's important to be able to talk about...



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