



Recovering from Trauma Workbook: A Journey of Healing for Addicts, Adult Children of Alcoholics (ACoAs) and Trauma Survivors

Tian Dayton PhD

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Recovering from Trauma Workbook is a guided journey through the tangled and often confusing emotional and psychological residue of trauma. It is not a substitute for therapy, but is designed to be used as a self help tool or as a part of a treatment program. Our greatest journey is the journey within, the voyage of self discovery. Getting to know what makes us tick is part of becoming more of who we are, working with and letting go of pain lightens the spirit and allows us to live more fully in the present. Trauma is all about leaving the moment because what's happening in that moment is overwhelming or frightening to us. Healing is all about becoming more present and mindful of the now. Integrating up-to-date research into creative personal processes, Recovering from Trauma Workbook helps the user to wrap their mind around the issues involved in trauma and provides journaling exercises, self tests and creative processes that allow the inner being to find a voice so that what is held in silence can come forward and be felt, translated into words and expressed. It teaches the skills of emotional literacy and develops emotional intelligence and regulation. Recovering from Trauma Workbook can be used by:

- Adult children of alcoholics (ACoAs)
- Anyone who grew up with childhood trauma or adverse childhood experiences (ACEs)
- Recovering addicts/substance abusers
- Recovering sex, food or work addicts
- As the accompanying journaling book for treatment centers that are using Dr. Dayton's model for Relational Trauma Repair (RTR)
- As a part of the curriculum for treatment centers, sober living communities, self help or therapy groups
- Trauma Survivors Recovering from Trauma Workbook can be used alongside the ACoA Trauma Syndrome and as a follow up for the Emotional Sobriety Workbook which is designed to be used with Emotional Sobriety, books and workbooks by Tian Dayton PhD. RTR Guided Imagineries can also be an accompaniment to the workbook offering soothing guided meditations for working through and regulating emotion. "Journaling helps us to sort through, process, and make sense of our hidden, feelings and impressions so we can better understand the workings of our inner worlds. As we write, emotions come pouring forth onto the page. Sense impressions, the way a scene looked, smelled, or felt, begin to emerge out of the haze of yesterday and take shape in front of our adult eyes of today. Feelings struggle to the surface of our minds and become "held" on the page; through words, these emotions can pour out and weave themselves into a coherent picture, a picture of us, familiar but still new. We begin to shake off old emotions, beliefs, and identities and experience a strengthened and more coherent sense of self.'



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