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This practical book will be enormously useful for survivors of sexual abuse, and may also help those who have been abused emotionally or physically. Therapists will also find it a useful resource to use with clients, and both this book and Breaking Free are regularly recommended by professionals in the NHS and also in the media.

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Paperback. Condition: New. Language: English. Brand new Book. A workbook for survivors of sexual abuse, to use alongside "Breaking Free", or on its own. With emphasis on practical exercises, the workbook is designed to help the reader explore and cope with the problems that child sexual abuse often causes. Seller Inventory # HUR9780859698047

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Breaking Free Workbook: Practical Help for Survivors of Child Sexual Abuse By Ainscough, C. and Toon, K. A practical self-help book for survivors of child sexual abuse. It offers survivors strategies for coping and obtaining support when embarking on breaking free from their past. Sheldon Press, London, (2000)

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Carolyn Ainscough and Kay Toon draw on their experience and the accounts of survivors to offer a book packed with practical suggestions for overcoming the effects of abuse. The Workbook can be used alongside Breaking Free or on its own, and lays a greater emphasis on practical exercises to work through the problems.

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Breaking Free Workbook : Practical help for survivors of child sexual abuse. As a survivor of sexual abuse in childhood, you may find that its effects continue to haunt you - bringing guilt and shame, perhaps depression and anxiety, eating disorders, troubled ...

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Breaking-Free-Workbook-Practical-Help-for-Survivors-of-...

Breaking Free: Help for Survivors of Child Sexual Abuse. Breaking Free. : Carolyn Ainscough, Kay Toon. Sheldon, 1993 - Adult child sexual abuse victims - 266 pages. 1 Review. This self-help book is for both male and female adult survivors of child sexual abuse. The book examines the effects of abuse, such as depression, low self-esteem, eating disorders (which affect 50% of female survivors) and fear of sexual relationships.

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Breaking-Free-Workbook-Practical-help-for-survivors-of-...

This practical book will be enormously useful for survivors of sexual abuse, and may also help those who have been abused emotionally or physically. Therapists will also find it a useful resource to use with clients, and both this book and Breaking Free are regularly recommended by professionals in the NHS and also in the media.

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Find many great new & used options and get the best deals for Breaking Free: Help for Survivors of Child Sex Abuse: Workbook by Carolyn Ainscough, Kay Toon (Paperback, 2000) at the best online prices at eBay! Free delivery for many products!

As a survivor of sexual abuse in childhood, you may find that its effects continue to haunt you - bringing guilt and shame, perhaps depression and anxiety, eating disorders, troubled relationships and sexual difficulties. But although you can't alter the past, you can change the present and the future. Breaking Free, by Kay Toon and Carolyn Ainscough, draws on their nationally recognized and pioneering work as clinical psychologists giving a voice to the Survivors of child sexual abuse. It uses their courage and experiences to help other survivors face their past and take steps towards a better future. This new edition of the accompanying workbook now refers to types of abuse that have come to light more recently, such as street exploitation, and abuse by celebrities, politicians and football coaches, as well as the use of digital technology to groom children and young people. Practical exercises work step-by-step on the problems that result from being sexually abused as a child. They are designed to present survivors with different ways to think about the past, and to arm you with new strategies to move on from the problems that disrupt the present, and look forward to the future. Exercises like these can be very beneficial, but they can also be painful. They can bring up strong feelings, so at every stage your safety and well-being are the first concern, and the book includes essential coping strategies for getting the level of support you need. This practical book will be enormously useful for survivors of sexual abuse, and may also help those who have been abused emotionally or physically. Therapists will also find it a useful resource to use with clients, and both this book and Breaking Free are regularly recommended by professionals in the NHS and also in the media.

This classic book has helped many thousands of people to manage the impact that childhood sexual abuse has had on their lives. The positive and optimistic approach continues to empower survivors to break free from the past. This new edition by clinical psychologist Kay Toon now refers to types of abuse that have come to light more recently, such as street exploitation, and abuse by celebrities, politicians and football coaches, as well as the use of digital technology to groom children and young people. Breaking Free is regularly recommended by agony aunts and therapists. A Department of Health project provided copies of Breaking Free and the Breaking Free Workbook to NHS Mental Health Provider Truists. 'The voice of the cowed, betrayed and helpless sexually abused child speaks powerfully throughout this book.' British Journal of Psychiatry 'The way the book instills hope is inspiring' Journal of Social Work Practice 'This book will be enormously helpful to those who have endured sexual abuse.' Nursing Times

When it comes to treating depression, one size definitely doesn't fit all. How do you find the science-based treatment that will work for you? What can you do to restore the fighting spirit and motivation that are so essential for overcoming this illness? Leading psychiatrist-researcher Jesse Wright and his daughter, Laura McCray, a family physician, have helped many thousands of depressed patients discover effective pathways to wellness. Here they describe powerful treatment tools and present a flexible menu of self-help strategies you can try today or turn to in the future. Dozens of easy-to-use worksheets and forms can be downloaded and printed from the companion Web page. Learn proven ways to break the cycle of negative thinking, restore energy and a sense of well-being, strengthen your relationships, and make informed decisions about medications. You can beat depression and keep your life headed in a positive direction. This book shows how.

This step-by-step guide is written for adolescents with OCD and their families. Using the principles of cognitive behavioural therapy, which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker.

A workbook for survivors of sexual abuse, to use alongside "Breaking Free", or on its own. With emphasis on practical exercises, the workbook is designed to help the reader explore and cope with the problems that child sexual abuse often causes.

This bestselling book, now in a revised edition, radically challenges the prevailing medical definition of co-dependency as a permanent, progressive, and incurable addiction. Rather, the authors identify it as the result of developmental traumas that interfered with the infant-parent bonding relationship during the first year of life. Drawing on decades of clinical experience, Barry and Janae Weinhold correlate the developmental causes of co-dependency with relationship problems later in life, such as establishing and maintaining boundaries, clinging and dependent behaviors, people pleasing, and difficulty achieving success in the world. Then they focus on healing co-dependency, providing compelling case histories and practical activities to help readers heal early trauma and transform themselves and their primary relationships.

Our world is awash in sex. We are bombarded with it everywhere we turn--TV, newspapers and magazines, music, movies and the Internet. When this ever-present temptation mixes with human weaknesses and unmet needs, many get pulled into addiction to sexually sinful behavior. They may detest their own habits, but they can't seem to break free. Is there any hope? Russell Willingham speaks from his own experience and that of the many he has counseled. His answer? "Yes! There is hope. Jesus offers forgiveness and healing." True stories show how the principles in this book can be put into action. The essentials are spelled out in practical steps that can help people begin to break free. Willingham deals with such issues as what all addicts have in common the hunt of the malnourished heart where to find the courage to face the dark side wrestling with shame and grace the healing effect of radical honesty This realistic yet hopeful book offers a new way to see the world for every person who wants to understand and break free from sexual addiction.

If you have an anxiety disorder or experience anxiety symptoms that interfere with your day-to-day life, you can benefit from learning four simple skills that therapists use with their clients. These easy-to-learn skills are at the heart of dialectical behavior therapy (DBT), a cutting-edge therapeutic approach that can help you better manage the panic attacks, worries, and fears that limit your life and keep you feeling stuck. This book will help you learn these four powerful skills: Mindfulness helps you connect with the present moment and notice passing thoughts and feelings without being ruled by them. Acceptance skills foster self-compassion and a nonjudgmental stance toward your emotions and worries. Interpersonal effectiveness skills help you assert your needs in order to build more fulfilling relationships with others. Emotion regulation skills help you manage anxiety and fear before they get out of control. In The Dialectical Behavior Therapy Skills Workbook for Anxiety, you'll learn how to use each of these skills to manage your anxiety, worry, and stress. By combining simple, straightforward instruction in the use of these skills with a variety of practical exercises, this workbook will help you overcome your anxiety and move forward in your life.

By a distinguished team of authors, this workbook offers readers unprecedented access to the core skills of dialectical behavior therapy (DBT), formerly available only through complicated professional books and a small handful of topical workbooks. These straightforward, step-by-step exercises will bring DBT core skills to thousands who need it....

Anxiety disorders and OCD are the most common mental health problems of childhood and adolescence. This book provides a complete, step-by-step program for parents looking to alleviate their children's anxiety by changing the way they themselves respond to their children's symptoms.