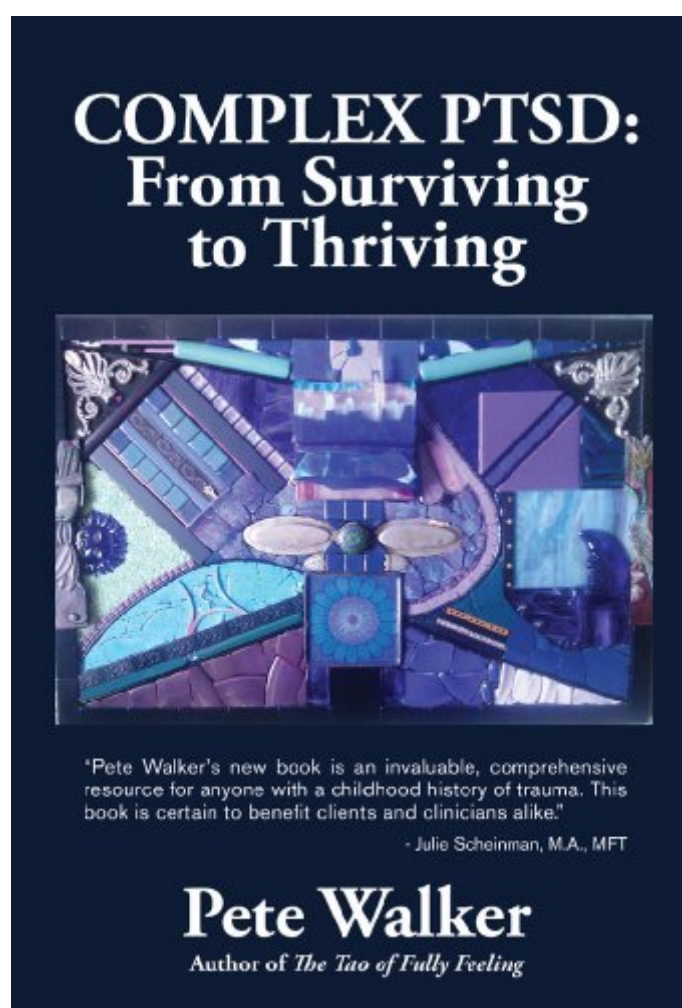


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# Complex PTSD: From Surviving To Thriving: A GUIDE AND MAP FOR RECOVERING FROM CHILDHOOD TRAUMA



## Synopsis

I have Complex PTSD [Cptsd] and wrote this book from the perspective of someone who has experienced a great reduction of symptoms over the years. I also wrote it from the viewpoint of someone who has discovered many silver linings in the long, windy, bumpy road of recovering from Cptsd. I felt encouraged to write this book because of thousands of e-mail responses to the articles on my website that repeatedly expressed gratitude for the helpfulness of my work. An often echoed comment sounded like this: At last someone gets it. I can see now that I am not bad, defective or crazyâ |or alone! The causes of Cptsd range from severe neglect to monstrous abuse. Many survivors grow up in houses that are not homes â “ in families that are as loveless as orphanages and sometimes as dangerous. If you felt unwanted, unliked, rejected, hated and/or despised for a lengthy portion of your childhood, trauma may be deeply engrained in your mind, soul and body. This book is a practical, user-friendly self-help guide to recovering from the lingering effects of childhood trauma, and to achieving a rich and fulfilling life. It is copiously illustrated with examples of my own and my clientsâ™ journeys of recovering. This book is also for those who do not have Cptsd but want to understand and help a loved one who does. This book also contains an overview of the tasks of recovering and a great many practical tools and techniques for recovering from childhood trauma. It extensively elaborates on all the recovery concepts explained on my website, and many more. However, unlike the articles on my website, it is oriented toward the layperson. As such, much of the psychological jargon and dense concentration of concepts in the website articles has been replaced with expanded and easier to follow explanations. Moreover, many principles that were only sketched out in the articles are explained in much greater detail. A great deal of new material is also explored. Key concepts of the book include managing emotional flashbacks, understanding the four different types of trauma survivors, differentiating the outer critic from the inner critic, healing the abandonment depression that come from emotional abandonment and self-abandonment, self-reparenting and reparenting by committee, and deconstructing the hierarchy of self-injuring responses that childhood trauma forces survivors to adopt. The book also functions as a map to help you understand the somewhat linear progression of recovery, to help you identify what you have already accomplished, and to help you figure out what is best to work on and prioritize now. This in turn also serves to help you identify the signs of your recovery and to develop reasonable expectations about the rate of your recovery. I hope this map will guide you to heal in a way that helps you to become an unflinching source of kindness and self-compassion for yourself, and that out of that journey you will find at least one other human being who will reciprocally love you well enough in that way.

## Book Information

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## Customer Reviews

This book is brilliant, insightful, enlightening, compassionate, validating, nurturing, and very healing. Pete Walker's COMPLEX PTSD, from Surviving to Thriving, is the BEST, by far, of the countless books I have read on the subject of trauma, since my own PTSD was (finally) correctly diagnosed in 2003. I told my daughter, who was recently accepted into a Master's program to fulfill her dream of becoming a therapist, that Pete Walker's COMPLEX PTSD is my new self-help "bible." I plan to buy several as gifts. The first one will go to my awesome daughter. Not only has the existence of Complex PTSD been ignorantly denied by many in the psychiatric professions, those of us who suffer with this grievous psychological injury are often misdiagnosed with a wide range of stigmatizing mental illnesses, as Pete Walker discusses in the first chapter of this book. Throughout more than four decades of desperately seeking therapeutic help, I have been given a long list of various psychiatric labels. My childhood trauma and subsequent dissociation was so severe that my initial label, at the age of 14, was schizophrenia. I was given that diagnosis in 1967, more than a decade before Post-Traumatic Stress Disorder was an official psychiatric label. Numerous doctors

and therapists have told me over the years that I was badly misdiagnosed, because I am not at all schizophrenic. Of course I wanted to believe them, because who likes to think that they were ever psychotic? However, through my research in preparation of writing a memoir about my experience, I have come to the conclusion that I was, indeed, schizophrenic for two of my teenage years.

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