



8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing (8 Keys to Mental Health)

Babette Rothschild

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Safe and effective principles and strategies for recovery from trauma.

Trauma recovery is tricky; however, there are several key principles that can help make the process safe and effective. This book gives self help readers, therapy clients, and therapists alike the skills to understand and implement eight keys to successful trauma healing: mindful identification of what is helpful, recognizing survival, having the option to *not* remember, creating a supportive inner dialogue, forgiving not being able to stop the trauma, understanding and sharing shame, finding your own recovery pace; mobilizing your body, and helping others.

This is not another book promoting a new method or type of treatment; rather, it is a necessary adjunct to self-help and professional recovery programs. After reading this book, readers will be able to recognize their own individual needs and evaluate whether those needs are being met. They will have the tools necessary to put themselves in the drivers seat, navigating their own safe road to recovery.

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