

healing the child within discovery and recovery for adult children of dysfunctional families charles l whitfield

[#inner child healing](#) [#adult children dysfunctional families](#) [#childhood trauma recovery](#) [#emotional recovery dysfunctional families](#) [#healing past wounds](#)

Discover a transformative path to healing the child within and achieving profound recovery for adult children of dysfunctional families. This essential guide offers insights and strategies to understand and overcome the lasting impact of childhood trauma, fostering personal growth and emotional well-being.

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Healing the Child Within

Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery. This book is a modern classic, as fresh and useful today as it was more than a decade ago when first published. Here, frontline physician and therapist Charles Whitfield describes the process of wounding that the Child Within (True Self) experiences and shows how to differentiate the True Self from the false self. He also describes the core issues of recovery and more. Other writings on this topic have come and gone, while Healing the Child Within has remained a strong introduction to recognizing and healing from the painful effects of childhood trauma. Highly recommended by therapists and survivors of trauma.

Healing the Child Within

Have you ever heard of your inner child? Well, this is the classic book that started it all. In 1987, Charlie Whitfield's breakthrough concept of the child within—that part of us which is truly alive, energetic, creative and fulfilled—launched the inner child movement. Healing the Child Within describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life. Eighteen years and more than a million copies sold later, Healing the Child Within is a perennial selling classic in the field of psychology. And it is even more timely today than it was in 1987. Recent brain research, particularly on the effects of trauma on the brain of developing children, has supported Whitfield's intuitive understanding as a psychiatrist. About HCI Recovery Classics HCI's recovery backlist contains some of the most important and best-selling works in the recovery field. These books are still sought after today, selling more than 100,000 copies per year. Our new line of branded books features expanded editions of our top recovery titles, new introductions, updates on pertinent recent developments in the field, and contemporary new covers and packaging.

Healing the Child Within

Describes how the inner child is denied as a result of early trauma and loss, and how by recovering it we can heal the fear, confusion, and unhappiness of adult life.

Healing the Child Within

This is a gentle and effective workbook and guide to Healing the Child Within. It can be used with or without having already read Healing the Child Within. Using numerous experiential exercises that the reader can do at their own pace, physician and author Charles Whitfield takes us on a healing journey into our inner and outer life. Once a reader starts this book, the healing process begins -- even if they rarely do any of its exercises. One of the highlights of this book is the clear description of age regression, one of the most crucial concepts in healing and recovery.

A Gift to Myself

Have you ever heard of your inner child? Well, this is the classic book that started it all. In 1987, Charlie Whitfield's breakthrough concept of the child within—that part of us which is truly alive, energetic, creative and fulfilled—launched the inner child movement. Healing the Child Within describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life. Eighteen years and more than a million copies sold later, Healing the Child Within is a perennial selling classic in the field of psychology. And it is even more timely today than it was in 1987. Recent brain research, particularly on the effects of trauma on the brain of developing children, has supported Whitfield's intuitive understanding as a psychiatrist.

Healing the Child Within

More than personal boundaries, this book is really about relationships—healthy and unhealthy ones. Here bestselling author and psychotherapist Charles Whitfield blends theories and dynamics from several disciplines into practical knowledge and actions that you can use in your relationships right now. This comprehensive book opens with clear definitions and descriptions of boundaries, a self-assessment survey and a history of our accumulated knowledge. Going deeper, it describes the 10 essential areas of human interaction wherein you can improve your relationships. These include age regression, giving and receiving (projection and projective identification), triangles, core recovery issues, basic dynamics, unfinished business and spirituality. It shows in countless practical ways how knowledge of each of these is most useful in your recovery and everyday life.

Boundaries and Relationships

Of all the books on the often misunderstood concept of co-dependence, this is probably the clearest, most complete and informative. Charles Whitfield is a frontline clinician who has been assisting co-dependents in their healing for over twenty years. He has researched the literature on co-dependence, which he summarizes in this widely read book. He sees co-dependence as a way to more accurately describe the painful and confusing part of the human condition. In careful detail he describes just what co-dependence is and what it is not, how it comes about, and how to heal its painful aftereffects.

Co-Dependence Healing the Human Condition

Commonly dismissed as mystical by scientists, archetypes were described by Jung as biological entities, which have evolved through natural selection, and which, if they exist at all, must be amenable to empirical study. Anthony Stevens has discovered the key to opening up this long-ignored scientific approach to the archetype.

Archetype

“Anyone who had a troubled childhood ought to read this book.”—Anne H. Cohn, D.P.H., Executive Director, National Committee for Prevention of Child Abuse Do you have trouble finding friends, lovers, acquaintances? Once you find them, do they dump on you, take advantage of you, or leave? Are you in a relationship you know isn't good for you? Are you still trying to figure out what you want to do when you grow up? Are you drinking too much, eating too much or trying to numb your pain with drugs of any kind? These are just a few of the problems abused children experience when they become adults. You may not realize you were abused. You may think your parents didn't mean it, didn't know better, or

that others had it much worse. You may not even have made the connection between the past and your current problems. *Outgrowing the Pain* is an important book for any adult who was abused or neglected in childhood. It's an important book for professionals who help others. It's a book of questions that can pinpoint and illuminate destructive patterns. The answers you discover can lead to a life filled with new insight, hope, and love. "The best book available to help survivors cope and understand."—Dan Sexton, Director, Childhelp's National Abuse Hotline "An invaluable aid for adult survivors of child abuse."—Suzanne M. Sgroi, M.D., Executive Director, New England Clinical Associates

Outgrowing the Pain

To get somewhere it is useful to know where you are going. This can be especially difficult for people struggling with issues of addiction, compulsion, physical or mental illness. In this simple yet effective three-part program, best-selling author Charles Whitfield helps readers chart their own treatment plan and find a way out of the often confusing vortex of recovery work. Through illustrative charts and graphics he shows readers how to write their own recovery plan, including how to identify core issues and how to integrate those issues into a personalized plan. Stage one helps readers identify the illness or condition that plagues them and explains how recovery truly is within reach of those who participate in a full recovery program. Stage two explains how healing requires the reader to consider their adult child of trauma issues, such as co-dependence. It describes the way out of the pain and confusion—learning self-awareness, self-acceptance, self-responsibility and self-reflection. Stage three addresses more keys to success including having a healthy and nourishing spirituality and learning to live in the present moment, no longer burdened by the past or fearing the future. *My Recovery Plan* is an empowering book; it will give readers hope and instill the knowledge that they can, indeed, recover.

My Recovery

It is estimated that as many as 34 million people grew up in alcoholic homes. But what about the rest of us? What about families that had no alcoholism, but did have perfectionism, workaholism, compulsive overeating, intimacy problems, depression, problems in expressing feelings, plus all the other personality traits that can produce a family system much like an alcoholic one? Countless millions of us struggle with these kinds of dysfunctions every day, and until very recently we struggled alone. Pulling together both theory and clinical practice, John and Linda Friel provide a readable explanation of what happened to us and how we can rectify it.

Adult Children Secrets of Dysfunctional Families

Recovery of Your Inner Child is the only book that shows how to have a firsthand experience with the Inner Child—actually feeling its emotions and recapturing its dominant hand. Expanding on the technique she introduced in *The Power of Your Other Hand*, Dr. Capacchione shares scores of hands-on activities that will help readers to re-parent their vulnerable Inner Child and heal their lives.

Recovery of Your Inner Child

Biosynthesis means "integration of life". It is a holistic form of body psychotherapy, which was founded over forty-five years ago. The concept of life-streams is one of its major foundations, which has since been supported by research in neurobiology. How can we integrate the three most important domains of being human: our bodily existence, our psychological experience and our spiritual essence? Biosynthesis Therapy has developed a broad spectrum of reliable methods to make this possible and to free our life energy. It is resource-oriented and is practised worldwide. David Boadella brings his many years of experience to provide in this book a trend-setting model for the understanding both of the origin of illness and of therapy. First published in 1987, this book has appeared in ten languages. It provides numerous case examples and is fascinating and enriching for the normal reader as well as for therapists from many different schools. In this book, the word "bioenergetic" is used to refer to the study of life energy, which is a major foundation of the therapy method "Biosynthesis". This is not to be confused with the term "Bioenergetic Analysis".

Lifestreams

Wisdom to Know the Difference. This book addresses in detail these common Core Issues in Relationships, Recovery and Living, how they come about and choices and solutions to use them to your advantage, heal and experience peace. Needing to be in control Difficulty trusting Difficulty being real How

to handle feelings Low self-esteem (shame) Dependence versus Independence Fear of abandonment All-or-none thinking and behaving High tolerance for inappropriate behavior Over-responsibility for others Neglecting my own needs Grieving my ungrieved hurts, losses and traumas Difficulty resolving conflict Difficulty giving and receiving love Based on over 35-years of clinical experience assisting people with addictions, trauma survivors and people with various problems in living, Dr. Whitfield describes how to identify and handle each core issue. Dr. Whitfield lives and practices in Atlanta, GA. He has been voted by his peers, since 1993, as one of the Best Doctors in America, and has been a guest researcher and consultant at the CDC since 1998.

Wisdom to Know the Difference

This is a gentle and effective workbook and guide to Healing the Child Within. It can be used with or without having already read Healing the Child Within. Using numerous experiential exercises that the reader can do at their own pace, physician and author Charles Whitfield takes us on a healing journey into our inner and outer life. Once a reader starts this book, the healing process begins -- even if they rarely do any of its exercises. One of the highlights of this book is the clear description of age regression, one of the most crucial concepts in healing and recovery.

A Gift to Myself

Describes the symptoms and treatment of alcoholism and examines the ways it can disrupt family relationships

Adult Children of Alcoholics

"For -- spiritual seekers, people in recovery, those in twelve-step fellowships, near-death experiencers, agnostics, atheists, and the religious and spiritually curious"--T.p.

Choosing God

A guide to recovery from codependency argues that one needs to confront the dysfunctional patterns of the "inner family" to free oneself from the shame and guilt of the past

Healing the Family Within

The author offers exploration of self and practical guidance dealing with the dark side of personality based on Jung's concept of "shadow," or the forbidden and unacceptable feelings and behaviors each of us experience.

Meeting the Shadow

I feel like people leave me abandoned all the time. Sometimes I'm so afraid for what seems like no reason. I just don't seem to have any energy. Why do the same thoughts keep racing through my mind? I usually don't feel happy or sad. If there isn't real excitement, I feel bored. I want to be close to people, but I just never make it. Do you see yourself in this list? Children of alcoholic parents have suffered wounds that affect their lives for years to come. They learn to protect themselves from the pattern of hurt that they have come to expect in life. The results of such constant vigilance against pain can range from ulcers, sleeplessness, addictions, depression and anger to a string of broken relationships. But adult children of alcoholics can go through a healing journey that will help them recover from their painful past and be set free to live as God intended. Daryl Quick takes readers step by step through new ways of feeling, thinking and acting that will replace the ineffective patterns they have been locked into for years. With moving stories and helpful exercises, Quick shows how adult children of alcoholics can find hope and healing. A book for those who want to recover from their past.

The Healing Journey for Adult Children of Alcoholics

This highly acclaimed, groundbreaking work describes the Psychology of Selves and the Voice Dialogue method. Internationally renowned psychologists Hal and Sidra Stone introduce the reader to the Pusher, Critic, Protector/Controller, and all the other members of your inner family. They have refined the process to the point where voice dialogue is considered one of the most effective techniques in psychology today.

Embracing Our Selves

Raising grandchildren can be challenging for many reasons. Often, the children have experienced complicated family dynamics, heartbreaking loss, abuse, and neglect – all of which may affect their emotions, behavior, and development. In *Courageous Love*, author Laura Montané Bailey draws on both professional and personal experience to offer grandparents the hero status they deserve and the encouragement they need, to continue to fight for the lives of the grandchildren they love. This book explores the devastating impact of trauma to brain development and function, and provides instructions for helping grandchildren to experience Post Traumatic Growth rather than Post Traumatic Stress Disorder. Bailey presents the idea of the Healing Circles to provide what traumatized children need most:

- Safety, basic needs, and structure
- Family gatherings that create identity and foster a sense of belonging
- Clear rules, authority agreements and non-toxic relationships

These Healing Circles provide a protective structure that becomes the container for joy, empathy, and love, a powerful combination for delivering hope and healing to children of trauma. Bailey discusses the three key responsibilities of raising grandchildren in a high tech, high stress, unpredictable world: take care of yourself, un-break the hearts of your grandchildren, and re-wire their brains for success. Presenting easy-to-understand solutions, *Courageous Love* gives grandparents the tools and confidence they need to run this parenting marathon.

Courageous Love

The Betrayal of the Body is Alexander Lowen's pioneering study of the mind-body split. Lowen describes the way people deny the reality, needs, and feelings of their bodies. This denial leads to the development of the division between mind and body, creating an over-charged ego obsessed with thinking at the expense of feeling and being. This book illustrates the energetic factors behind the split, the factors that produce it, and the proven therapeutic techniques that are available to treat it. Lowen further explores the mind-body duality in the individual and its parallel duality and dysfunction in society between culture and nature, and between thinking and feeling.

The Betrayal of the Body

Through his treatment of many men and women as a chiropractor and therapist, Dr. Clyde W. Ford discovered that the body can be the key to unlocking and opening the door to healing from physical, sexual, or emotional abuse. Dr. Ford has used touch to help his patients recover from a wide range of conditions, including chronic muscle strain, addictions, dysfunctional relationships, and abuse. In this revised edition of *Compassionate Touch*, new material on False Memory Syndrome (FMS) has been added. Dr. Ford discusses how reputable scientists noticed that under certain circumstances, patients recalled events that did not take place, forcing clinicians to be more cautious in diagnosing for sexual abuse treatment. Illustrated with numerous examples from this practice as well as his many workshops, *Compassionate Touch* also includes exercises that can be done individually or with a trusted partner.

Compassionate Touch

"A groundbreaking recovery program for a happier, healthier intimate relationship"--Cover subtitle.

Outgrowing the Pain Together

Becoming Free: Recovering from Adverse Childhood Events (ACE's) By: Gary J. Butler, Ph.D. Dr. Gary J. Butler has written a must-read book that presents a proven step-by-step plan for overcoming and healing from the impact of childhood trauma and being able to emerge into the light of a brighter future. Read this book and learn from one of the best. -Troy Gillem, author of *Bipolar Battle Plan* Dr. Gary J. Butler utilized key elements of this program to assist me in lessening the impact of combat scenes that had haunted me for years. If you need a customized program, contact him. He can help. -Terry G., former Marine with combat service in Viet Nam. It is a joy to recommend Dr. Gary J. Butler's book, *Becoming Free: Recovering from Adverse Childhood Events (ACE's)*. Dr. Butler writes with compassion and tremendous depth on dealing with early trauma. Dr. Butler is skilled at listening and nurturing restoration. He has helped numerous individuals on their paths of healing and wholeness. Dr. Butler's book will help you or your loved ones to heal from childhood hurts. -Daniel Schramm, D. Min., Chaplain and college instructor. We could not believe what we discovered about the impact early traumatic events had on our lives as individuals and as a couple. To gain this awareness from the powerful questions in this book make it worth its weight in gold. The steps to making changes in our behaviors were small and

achievable. You owe this program to yourself. It can be life-changing for you as it has been for us. -Larry and Sheri L. In *Becoming Free: Recovering from Adverse Childhood Events (ACE's)*, Gary J. Butler, Ph.D. presents both background information and specific steps to lead adult trauma Survivors through the recovery and treatment process. This guide is targeted to a Helper, a loved one or professional, who will help lead the Survivor throughout the program. With scripts, questions, and sequences, *Becoming Free* is a one-stop source to aid Survivors in their recovery from the impact of ACE's.

Becoming Free: Recovering from Adverse Childhood Events (ACE's)

Using Books in Clinical Social Work Practice: A Guide to Bibliotherapy introduces clinical social workers and other helping professionals to bibliotherapy, an innovative approach to helping individuals deal with psychological, social, and developmental problems. Literally meaning "treatment through books," bibliotherapy actively involves the client in the therapeutic process through the reading of carefully selected and evaluated books. With this guide, the therapy you give will provide information and insight, stimulate discussion, communicate new values and attitudes, create awareness that others have similar problems, and provide solutions to problems. *Using Books in Clinical Social Work Practice* offers a detailed approach for helping clinicians use bibliotherapy in practice. You'll discover which types of problems best respond to bibliotherapy and you'll learn how to select the most effective books to treat those problems. You'll even find the structure of the book helpful, as it: introduces you to the basics of bibliotherapy provides a detailed examination of the techniques for using books in treatment reviews and analyzes the extensive research that has been conducted on bibliotherapy focuses on the problems most effectively treated with bibliotherapy--divorce and remarriage, dysfunctional families, parenting, adoption and foster care, self-development, serious illness, substance abuse offers an authoritative guide to over 300 books found to work most effectively--including summaries and levels of interest presents conclusions and a summary for the use of books in treatment Although bibliotherapy is a well-established practice technique in other professions, including psychiatry and psychology, social work practitioners have not traditionally used bibliotherapy as part of their practice. *Using Books in Clinical Social Work Practice* gives today's helping professional an approach to problem solving that you and your clients will find refreshing and effective.

Using Books in Clinical Social Work Practice

This book makes the argument that since Asian American women live in the periphery of the multicultural West, they need to strengthen the psychological process of self integration, assimilating neither to traditional cultural demands or those of the larger society.

Passage to the Real Self

By now, tens of thousands of readers have enjoyed our book *The Indigo Children*. The book not only stirred the interest of many people throughout the world with respect to the profound change in consciousness being manifest in these special kids, but it also taught parents, teachers, and caregivers how to interact with these very special Indigo children. So, what do you do with thousands of letters and comments from parents and others about their Indigo experiences? Well . . . you write another book! *An Indigo Celebration* is a group of stories, articles, and additional insights into the Indigo child phenomenon. Although we will undoubtedly be writing more academically oriented Indigo books down the line, we wanted to stop for a moment and celebrate these kids—how they think, how they act, and what they're bringing to our lives. This book is not only meant to entertain, but also to inspire, teach, and provide meaningful insights. Indigo children are part of the positive transformation and shift of the new millennium—and this celebration of them is one we hope you will share in.

Indigo Celebration

Remembering what happened in any traumatic experience is basic and crucial to healing. For over 100 years the memory of abuse survivors has been questioned and challenged by all sorts of people, ranging from perpetrators to family members. More recently, this memory has been challenged by a combination of accused family members, their lawyers and a few academics who claim the existence of a "false memory syndrome." In this groundbreaking book Charles Whitfield, voted by his peers as being one of the best doctors in America, brings his clinical experience and knowledge about traumatic memory to us. He examines, explores and clarifies this critical issue that threatens to invalidate the experience of survivors of trauma and handcuff the helping professionals who assist them as they

heal. This thorough, insightful work provides crucial information for anyone affected by a traumatic experience.

Memory and Abuse

This expanded edition of *Working With Children of Alcoholics* will be important for social workers, psychologists, school administrators, teachers, drug and alcohol counselors, and pastoral counselors. It is also an excellent supplemental text for practitioners in training and in graduate courses in family and community, adjustment problems of youth, substance abuse, and human services.

Working with Children of Alcoholics

This book examines recent efforts to rid society of addictions and finds them wanting. The author examines everyday addictive patterns within modernist and postmodernist cultures and provides practical suggestions in the areas of substance abuse prevention and the addiction recovery movement.

False Fixes

A renowned psychotherapist explores healthy and unhealthy relationships and personal boundaries, with self-assessment tests, descriptions of ten types of human interaction, and more. Original. 50,000 first printing. National ad/promo.

Boundaries and Relationships

Nothing destroys trust like sexual betrayal. Beyond broken vows, a woman who discovers that the man she loves has been viewing pornography or having an affair must deal with devastating blows to her self-image and self-worth. She must grapple with the fact that the man she thought she knew has lied and deceived her. She may even bear the brunt of shame and judgment when the people around her find out. Drawing from her experience both as a marriage and family therapist and a woman who personally experienced the devastation of sexual betrayal, Dr. Sheri Keffer walks women impacted by betrayal through the pain and toward recovery. She explains how the trauma of betrayal affects our minds, bodies, spirits, and sexuality. She offers practical tools for dealing with emotional triggers and helps women understand the realities of sexual addiction. And she shows women how to practice self-care, develop healthy boundaries, protect themselves from abuse or manipulation, and find freedom from the burden of shame and guilt.

Intimate Deception

This collection of essays and reviews represents the most significant and comprehensive writing on Shakespeare's *A Comedy of Errors*. Miola's edited work also features a comprehensive critical history, coupled with a full bibliography and photographs of major productions of the play from around the world. In the collection, there are five previously unpublished essays. The topics covered in these new essays are women in the play, the play's debt to contemporary theater, its critical and performance histories in Germany and Japan, the metrical variety of the play, and the distinctly modern perspective on the play as containing dark and disturbing elements. To compliment these new essays, the collection features significant scholarship and commentary on *The Comedy of Errors* that is published in obscure and difficult accessible journals, newspapers, and other sources. This collection brings together these essays for the first time.

A Gift to Myself

If you have been hurt, neglected, rejected, or abandoned by your father, it may feel like every aspect of life is affected by that broken trust. Even your relationship with God can feel tenuous, but there is hope. In this vulnerable book, author and speaker Kia Stephens shares her own story of father wounds, along with eye-opening examples from wounded women in Scripture who were transformed by the love of God. With great compassion, she helps you identify your father wounds and offers practical tools to help you overcome insecurity, low self-esteem, perfectionism, and trouble connecting with God as your loving heavenly father. Take heart. Your father wounds do not have the last word in your life; God does. With help from Kia and love from God, you can be made whole again.

The Enchanted Self

Throughout our life, at each moment, from each conflict that arises throughout every day, we are given the power to choose. We all face challenges in our relationships and Dr. Whitfield gives us the secret to meeting each challenge and how to make the best choice when faced with hard decisions and irrational emotions. Using the same questions he has asked his patients, Dr. Whitfield asks readers: Do you choose to protect your point of view, your position, and your ego's limited perceptions? Or do you choose humility: open-mindedness, curiosity, and tolerance? Do you choose to play the victim, to persecute or to rescue? Or do you choose humility: to motivate, nurture, and empower? Do you choose separation, or through humility, inclusion? These are the lessons taught in *The Power of Humility*. Simple, easy to understand, yet life changing, Dr. Whitfield teaches us that by accepting our "humility" we invite peace, love, joy, and gratitude into our life and our relationships. Key Features Patient stories provide the reader with specific examples on the power of humility. Takes readers through the separate steps in identifying humility throughout their lives. Tie in to reissue of Dr. Whitfield's million copy classic *Healing the Child Within*.

Overcoming Father Wounds

Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

The Power of Humility

The Library Journal