

Re-Write

A Trauma Workbook of Creative Writing and Recovery in Our New Normal

Attachment theory-based treatments including depth psychology, somatic psychology, holistic therapy, and Eye Movement Desensitization and Reprocessing (EMDR) are becoming even more popular and desired by clinicians, health systems, and the patients they care for. Up until recently, cognitive behavioral therapy and medication management were the mainstays for trauma-informed care, although we are witnessing a demand for a more somatic, holistic, and, therefore, deeper level of treatment to target attachment injury and change/re-write the trauma narrative. This book provides the response and tools to meet this current need. Due to the pandemic, lockdowns, and significant changes in our stability, the economy, sense of belonging, and community, there is a heightened level of triggering which has resulted in multifactorial trauma responses. The devastating traumatic impact spans nations, ages, and socioeconomic statuses. Unfortunately, domestic violence, child abuse, substance use, medical trauma, self-injury, suicide, and violence turned outwards have all increased significantly in the past two years. This workbook focuses on the healing journey of the trauma survivor, utilizing easy-to-use methodologies for long-lasting effects. It includes various exercises, writing prompts, coping mechanisms, and soothing techniques with the intention of allowing the person to create an individualized experience. This empowers the person to go in the order they choose, experiment with different techniques from different modalities, and find the ones that meet their needs the best. The authors also address generational trauma, societal trauma, and trauma at the family and individual levels, and their work can be used in conjunction with a clinical treatment plan or by the end user. Re-Write: A Trauma Workbook of Creative Writing and Recovery in Our New Normal employs practical strategies using evidence-based methodologies with psychological theory within a human-centered design framework.

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