



Outsmarting the riptide of domestic violence [metaphor and mindfulness for change /

Pernicano, Pat (1954-)

Jason Aronson, 2012

Family violence-

Interpersonal relations-

Self-actualization

(Psychology)

Monografía

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Contenido: Preface -- Acknowledgments -- Introduction -- Stories for pre-contemplation -- Investing in others : relationships -- Weighing the risks and benefits of change -- Tuning in : parent-child interaction -- Repeated exposure to domestic violence -- Self-destructive behavior -- Confronting entitlement -- Stories for contemplation -- Peeling away defenses -- Safety for self and others -- The blame game -- Self-protection -- Thinking and planning in relationships -- Relationship roles -- The cycle of abuse -- Beyond sex to intimacy -- Stores for preparation -- The powerful pull of the past -- Having the right tools: survival skills -- Facing your own monsters -- Identifying and expressing feelings -- Change takes time -- Codependency -- What comes next? : planning ahead -- Recognizing danger -- Opening your heart -- Expecting the worst : fight or flight -- Stories for action -- Understanding PTSD -- Telling your story : trauma narratives -- Getting past the obstacles -- The whole is greater : becoming new and different -- Mood management -- Seeking approval : attachment disruption -- Cleaning up addictive behaviors -- Trauma reminders -- Regulating affect -- Speaking the same language -- Avoiding blind spots -- Giving birth to something remarkable -- Unconditional positive self-regard -- Stories for maintenance -- Leaving the past behind -- Preventing relapse -- Becoming whole -- Appendix

Detalles del sistema: Modo de acceso: World Wide Web

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