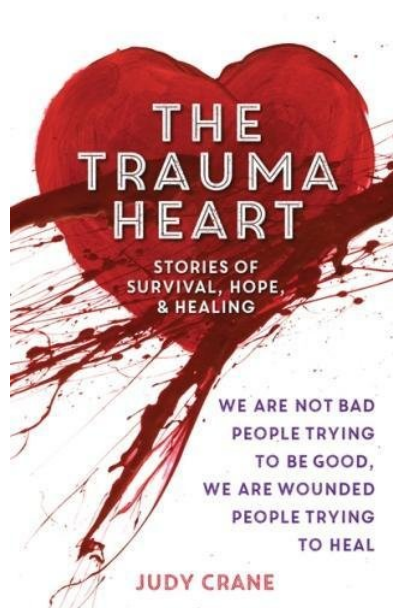


## T3Fiv [Free PDF File] The Trauma Heart: We Are Not Bad People Trying to Be Good, We Are Wounded People Trying to Heal--Stories of Survival, Hope, and Healing



**CONTINUE ►**

The majority of people addicted to substances or process addictions such as relationship disorders, eating disorders, self-harming behaviors, gambling or pornography are trauma survivors. Many people caught in the web of addiction don't identify as trauma survivors until their personal, familial, intergenerational, and in-uterine history is exposed. Unfortunately, relapse is inevitable without trauma resolution that can only take place once their history is exposed. It is only when that happens that the behavior disorders will finally make sense. For almost 30 years Judy Crane has worked with clients and families who are in great pain due to destructive and dangerous behaviors. Families often believe that their loved one must be bad or defective, and the one struggling with the addiction not only believes it, too, but feels it to their core. The truth is, the whole family is embroiled in their own individual survival coping mechanisms?the addicted member is often the red flag indicating that the whole family needs healing. In *The Trauma Heart*, Crane explores the many ways that life's events impact each member of the family. She reveals the essence of trauma and addictions treatment through the stories, art, and assignments of former clients and the staff who worked with them, offering a snapshot of their pain and healing.

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