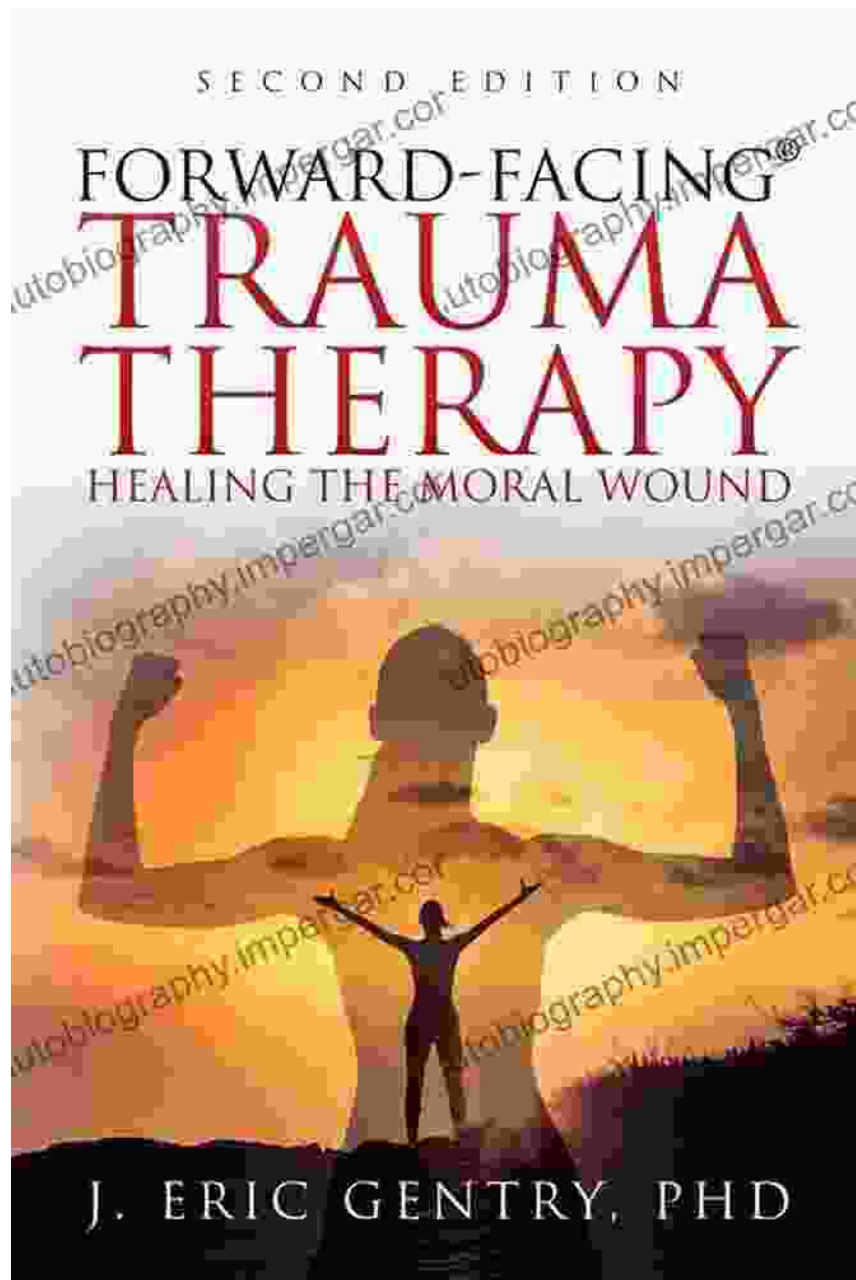
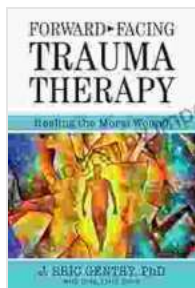


Forward Facing Trauma Therapy: Healing the Unseen Wounds



Trauma is a pervasive issue that can have profound and lasting effects on our lives. It can manifest in a variety of ways, from physical ailments to emotional distress and behavioral problems. Traditional trauma therapies

often focus on the past, attempting to uncover and process the traumatic event in Free Download to resolve its effects. However, this approach can be re-traumatizing and can fail to address the underlying moral wound that is often at the core of trauma.



Forward-Facing Trauma Therapy: Healing the Moral

Wound by J. Eric Gentry PhD

★★★★☆ 4.8 out of 5

Language : English
File size : 2063 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 156 pages
Lending : Enabled



Forward Facing Trauma Therapy: Healing the Moral Wound offers a revolutionary new approach to trauma treatment. This groundbreaking book introduces a unique, holistic model that focuses on the present moment and the future, rather than dwelling on the past. By integrating principles from trauma therapy, positive psychology, and moral psychology, Forward Facing Trauma Therapy provides a comprehensive and effective path to healing.

The Moral Wound

Trauma can damage our sense of self and our ability to trust others. It can create a deep sense of shame and guilt, and can lead us to believe that we are fundamentally flawed or unworthy of love. This moral wound can be just

as debilitating as the physical and emotional symptoms of trauma, and it can prevent us from living full and meaningful lives.

Forward Facing Trauma Therapy recognizes the importance of addressing the moral wound in Free Download to truly heal from trauma. The book provides a compassionate and supportive framework for exploring the moral implications of trauma and for developing a new sense of self-worth and purpose.

The Four Pillars of Forward Facing Trauma Therapy

Forward Facing Trauma Therapy is based on four pillars:

1. **Safety:** Creating a safe and supportive environment is essential for healing from trauma. This means establishing clear boundaries, respecting the client's pace, and providing a space where they feel heard and understood.
2. **Compassion:** Treating clients with compassion and empathy is crucial. This means understanding their experiences, validating their feelings, and offering support and encouragement.
3. **Presence:** Focusing on the present moment is essential for healing from trauma. This means helping clients to ground themselves in the present, to experience their emotions without judgment, and to develop a sense of mindfulness.
4. **Future Orientation:** Helping clients to look towards the future is essential for healing from trauma. This means working with them to set goals, to develop strategies for coping with challenges, and to create a vision for a better future.

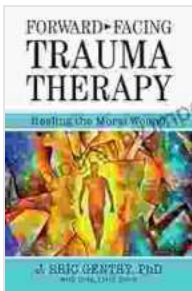
Benefits of Forward Facing Trauma Therapy

Forward Facing Trauma Therapy offers a number of benefits, including:

* Reduced symptoms of trauma, such as anxiety, depression, and flashbacks
* Improved self-esteem and confidence
* Increased trust in others
* Greater sense of purpose and meaning in life
* Increased resilience and coping skills

Forward Facing Trauma Therapy: Healing the Moral Wound is an essential resource for anyone who is struggling with the effects of trauma. This groundbreaking book provides a compassionate, holistic, and evidence-based approach to healing that can help you to overcome the moral wound and live a full and meaningful life.

If you are interested in learning more about Forward Facing Trauma Therapy, please visit the author's website at www.forwardfacingtraumatherapy.com. You can also Free Download the book on Our Book Library or Barnes & Noble.



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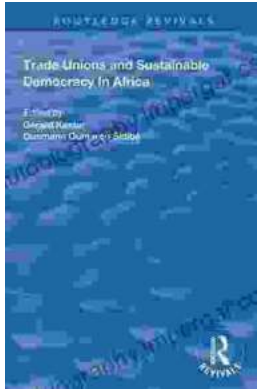
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