



Healing the Incest Wound: Adult Survivors in Therapy

Christine A. Courtois

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A comprehensive guide to the dynamics of incest and to therapy for survivors.

Occasionally a book for psychotherapists instantly becomes a classic. Not only do clinicians recognize the excellence and importance of the book, but their clients respond enthusiastically to the accurate portrayal of their experiences and the model for healing. With the publication of *Healing the Incest Wound*, such a classic was born.

Incest is not a rare aberrant happening, but a common childhood experience for a substantial minority of children. Since incest is generally hidden and denied, the victims are left to cope with their reactions in an atmosphere that contradicts their reality. Yet all incest is not the same; for instance, one-time fondling by an uncle has different effects from rapes repeated over many years by a stepfather. The book describes these variations and the symptoms, short-term aftereffects, and long-term secondary elaborations of incest from four theoretical perspectives: traumatic stress, developmental, feminist, and loss. The author not only comprehensively discusses the salient issues of incest therapy but also illustrates these with numerous case studies, showing how incest survivors can heal and build a core of self-respect and dignity.

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Janice Martin:

The book Healing the Incest Wound: Adult Survivors in Therapy has a lot of information on it. So when you make sure to read this book you can get a lot of benefit. The book was published by the very famous author. This articles author makes some research just before write this book. This book very easy to read you can find the point easily after reading this book.

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Playing with family in a park, coming to see the ocean world or hanging out with close friends is thing that usually you have done when you have spare time, after that why you don't try factor that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Healing the Incest Wound: Adult Survivors in Therapy, you may enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't have it, oh come on its known as reading friends.

Paul Steinbach:

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