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## Healing The Fragmented Selves Of Trauma Survivors

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Healing the Fragmented Selves of Trauma Survivors integrates a neurobiologically informed understanding of trauma,

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dissociation, and attachment with a practical approach to treatment, all communicated in straightforward language accessible to both client and therapist. Readers will be exposed to a model that emphasizes "resolution"—a transformation in the relationship to one's self, replacing shame, self-loathing, and assumptions of guilt with compassionate acceptance.

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Integrate interpersonal neurobiology and social engagement techniques in session to improve treatment outcomes. Drive the growth of empathy for wounded child parts of the self to increase self-compassion in clients. Transform traumatic memory in clients using somatic, visualization, and ego-state techniques.

### **2-Day Intensive Workshop: Healing the Fragmented Selves of ...**

For those of us working in the field of complex trauma, one of the most exciting events of 2017 was the release of Healing the

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Fragmented Selves of Trauma Survivors by Dr. Janina Fisher.

## **Complex Trauma: Dissociation, Fragmentation, and Self**

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Although grounded in structural dissociation theory and trauma treatment, Healing the Fragmented Selves of Trauma Survivors offers insights that will enrich the knowledge-base of therapists treating higher-functioning as well as deeply traumatized individuals.

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## **Healing the Fragmented Selves of Trauma Survivors: Amazon ...**

Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation by Janina Fisher. Routledge, 2017 | Available on Amazon  
Sensorimotor Psychotherapy: Interventions for Trauma and Attachment by Pat Ogden, Janina Fisher

## **Janina Fisher, PhD :: Resources**

Just released! My new book, Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation, is now out and available on Amazon.

## **Janina Fisher, PhD**

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Healing the Fragmented Selves of Complex Trauma Survivors  
Our adrenaline stress response system is a protective mechanism to help us survive trauma. But it can leave survivors of trauma with an inadequate record of what happened and how they endured it. Events that trigger past trauma can also hijack body and brain, heart and spirit.



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## **Healing Fragmented Selves of Complex Trauma Survivors**

Janina Fisher's Method for "Healing the Fragmented Selves of Trauma Survivors" Posted on March 14, 2019 by Wendy E. Smith, MA, LMHC For years I have been searching for the right method of trauma treatment for me and my clients with complex developmental trauma.

## **Janina Fisher's Method for "Healing the Fragmented Selves ...**

The following book reviews are written by Dana Ross, MD, MSc, FRCPC. 'Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-alienation' by Janina Fisher, PhD "I have long believed that trauma treatment must address the effects of the traumatic past, not its events." - Fisher (2017)

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