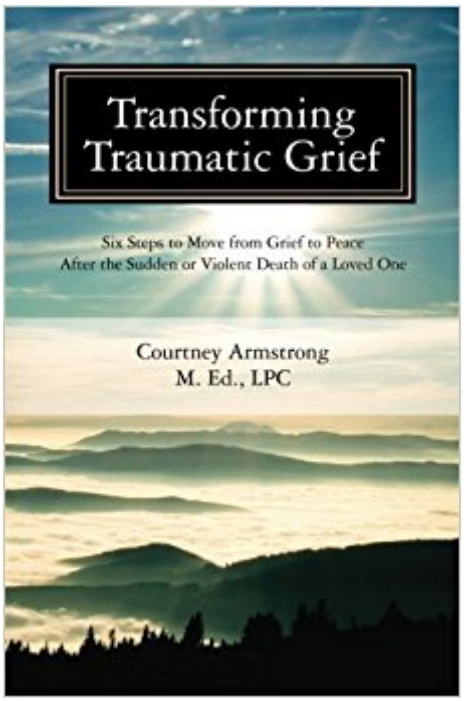
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Transforming Traumatic Grief: Six Steps To Move From Grief To Peace After The Sudden Or Violent Death Of A Loved One



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Synopsis

Although losing someone you love to a sudden or violent death is a shocking experience, there are steps you can take to heal. This book provides compassionate support and creative ways to soothe and transform your emotions with powerful, but simple strategies that: - Promote healing and calm feelings of anxiety, anger, or despair - Alleviate nightmares, intrusive images, and ruminating thoughts - Relieve guilt and regrets so you can open up to new experiences in your life - Help you get the kind of support you want from other people - Retain "the living story" of your loved one and sense them as a positive presence in your life Recent reviews: Ã¢â ¬Å“Courtney Armstrong's Transforming Traumatic Grief provides practical tools to comfort grievers, promotes resilience and hope for those who have been devastated by tragedy and loss, and shows ways to create renewed meaning in life beyond grief and trauma.Ã¢â ¬Â• - Bill O'Hanlon, author of Thriving Through Crisis and Quick Steps to Resolving Trauma "Unlike other books detailing therapies that work at the cognitive level of the mind, Ã¢â ¬Å“Transforming Traumatic GriefÃ¢â ¬Â• is a how-to book of practical (and even more importantly) attainable activities and proven strategies for those dealing with grief and loss. As a therapist specializing in trauma counseling and her own personal experience with loss, Armstrong builds a strong case for why we need to speak to the emotional brain in a language it understands. Unless we do, she argues, the traumatized and grief-stricken simply canÃ¢â ¬â„¢t experience a shift in how theyÃ¢â ¬â„¢re feeling. Written in a voice that emanates from a very personal place, Armstrong's book is both comforting and empowering. It's for anyone having difficulty moving through grief or growing from their traumatic experience. It's also for therapists who want to help their patients help themselves in between appointments or post-therapy." Nancy Gerhsman, www.artforyoursake.com "A must-read! An indispensable guide for transforming traumatic grief into healing reconnection.Ã¢â ¬Â• - Jon Connelly, Ph.D, LCSW, Founder, Institute for Rapid Resolution Therapy

Book Information

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Customer Reviews

Courtney Armstrong is a licensed professional counselor who owns a private practice in Chattanooga, Tennessee. In practice since 1995, she counsels people recovering from grief and trauma, and trains mental health professionals in innovative methods of treatment that promote resilience. When Courtney is not counseling or teaching, she enjoys riding her bike and hiking with her husband and their faithful dog, Buzz. For more info about Courtney, visit her website at www.courtneyarmstronglpc.com.

The EMERGE process helped me understand and begin working through grief related to the sudden death of my fiancee. It helped validate my feelings and physical experiences. I've used this resource to journal my life, my grief, and my changing life without my love, my fiancee. I gave a 5-star rating because of the rich details that help those in grief. It has not quite been three months since my fiancee died. It's still fresh and exposed. This resource is one I will continue to reference during this most difficult time in my life.

Well written and very informative. Material that is useful, tremendously healing and insightful. Courtney trained with John Connelly, MSW who developed Rapid Resolution Trauma Treatment and she has put that extensive knowledge to work in assisting grievers. This book will assist you in discovering new , effective ways to connect to the self , community & positive memories that live in the present.

"I keep the book on my nightstand," writes my client Shirley Heard who lost her son. "I keep it there because it's like good food that you want to eat real slow so you can savor every word. I just pick it up, read about half an hour, put my bookmark in and then go back a page or two to read it all over again. There's a favorite part I read to my girlfriend today who lost her mother - her best friend - Chapt. 5 Envisioning Connection about memory, spirit and love. As a Christian I feel I can actually see the invisible now. It's like my son - he's just at another address but I can see him in spirit. This chapter confirms that."This kind of response to Courtney Armstrong's book plays out all the time.

Where Courtney excels is how she manages to be helpful while maintaining the perfect balance between speaking as an expert and speaking from experience. MY favorite part about the book is that:1. Courtney speaks as an expert who has successfully treated hundreds of bereaved/traumatized patients who are symptomatic day and/or night. She takes into consideration what methods work best with different types of people. Are you a more visual person, or someone who journals? Are you more left-brained or right-brained? Are you more of a person who prefers to practice mindfulness exercises solo, or are you open to new techniques that allow you to drill down to the source of your trauma/grief -- without the associated distress?2. Courtney speaks as a human being who herself has known loss multiple times in her personal life, and who emerged stronger and more resilient after loss by practicing (and refining) methods which pre-date her own work in RRT with Jon Connelly.Another impressive feat is that Courtney introduces groundbreaking ideas in trauma and loss with an easy fluency that everyone can understand. This is not name-dropping, but thoughtful contextualizing. A layman will find her book as equally compelling as a professional in the field. For starters, she brings in a panoply of work by grief and trauma experts such as Robert Neimeyer; grief researchers like Nigel Field and Charles Filanofsky, George Bonnano and Stobe and Schut; psychologists such as Katherine Shear and Sameet Kumar; psychiatrists such as Ted Rynearson; and therapists like Steve and Connie Andreas.Then there is also Courtney's consistent voice throughout the book and her own fresh spin on how to feel hopeful and happy again -- whether you are religious (like Shirley), spiritual or a straight out atheist. One of my favorite ideas of hers was the concept that you can rewrite your nightmares; actually deleting distressing scenes and putting in new ones with more comedic or hopeful resolutions. Another was how you can become free of remorse and guilt once you understand that the dead become enlightened in the afterlife, and therefore can't hold you to impossible standards from the beyond.An amazingly easy read but also invaluable; you'll find yourself continually stopping to write in the margins. Buy it for yourself, for a client, a friend or family member in need.

Very useful book for people whose issues are morecomplex than usual grief recovery. Also useful for counsellors working with this group. Very easy to read, with an easy to follow formula to help resolve outstanding issues.

This is the best 'uncomplicated' exploration of complicated grief. Helped me to gain insight into my grief experience without bogging me down with theoretical descriptions of stages and other things that don't really matter when you are hurting. (And I'm a Counselor by profession.)

I found this book very helpful in resolving my grief. There are several exercises suggested which I found helpful. This was recommended to me by my counselor.

This book is a clear and informative resource. It points out the difference between the natural grief we feel when we lose a loved one and traumatic loss. The steps to overcoming the overwhelming sadness are logical and easy to follow. I have recommended it to clients, friends, and coworkers in the counseling field.

Not a very long book, but I enjoyed the way it was written. Would recommend this book to a friend.

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