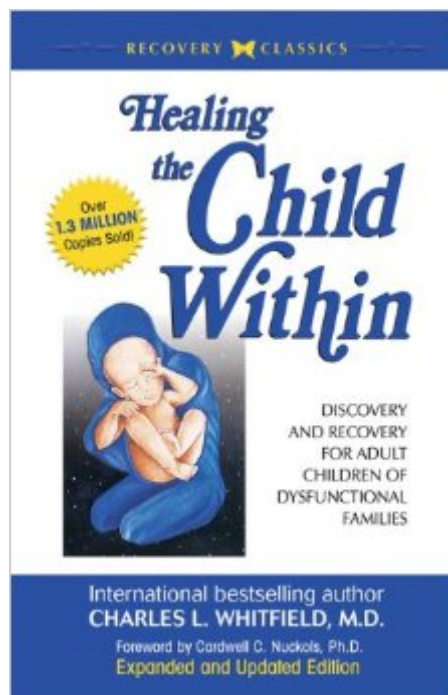


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# Healing The Child Within: Discovery And Recovery For Adult Children Of Dysfunctional Families (Recovery Classics Edition)



## Synopsis

Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery. This book is a modern classic, as fresh and useful today as it was more than a decade ago when first published. Here, frontline physician and therapist Charles Whitfield describes the process of wounding that the Child Within (True Self) experiences and shows how to differentiate the True Self from the false self. He also describes the core issues of recovery and more. Other writings on this topic have come and gone, while *Healing the Child Within* has remained a strong introduction to recognizing and healing from the painful effects of childhood trauma. Highly recommended by therapists and survivors of trauma.

## Book Information

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## Customer Reviews

Most books on dysfunctional families assume alcoholism and/or drug abuse. There isn't much literature that addresses the problem of family disfunction recognising that symptoms/causes can manifest in other ways. The parental conditions he lists that tend to stifle the child within are: chemical dependence; co-dependence; chronic mental illness or disabling physical illness; extreme rigidity, punitiveness, judgementalness, non-loving, perfectionism, or inadequacy; child

abuse--physical, sexual, mental-emotional and/or spiritual; denial of feelings of reality. Spiritually abused adult children, even if no physical abuse ever occurred in conjunction, tend to have experienced co-dependence (boundaries are crossed and roles are mixed up in unhealthy ways), rigidity, judgementalness, perfectionism, and denial of feelings of reality, in addition to the description he gives for mental/emotional/spiritual abuse. He develops a hierarchical list of 20 human needs, drawing from Maslov, Miller, Weil, and Glasser, and develops the concept that in order for a human being to be whole and healthy and ready to follow a truly spiritual path, these needs must first be met, in order of most basic to highest potential. Most basic, of course, survival and safety; highest potential is unconditional love (including connection with a Higher Power.) He explains the cycle of shame and low self esteem, and maps how healthy boundaries are crossed by all in a shame based family. He describes the role of Post Traumatic Stress Disorder (PTSD), and its treatment.

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