

# HEALING TRAUMA

## Through Self-Parenting the Codependency Connection

Based on their acclaimed book, *The 12 Steps to Self-Parenting for Adult Children*, the co-founders of the National Association for Children of Alcoholics (NACOA) offer the first book written for those who developed codependency through experiencing trauma. Here, they examine the neurobiology of trauma and healing, and outline a simple, 12-step process specifically tailored for those who have been impacted by trauma and codependency

**Self-healing through self-parenting** is a concept introduced a generation ago that has helped thousands of adult children of alcoholics who are codependent and have conflicts in their primary relationships.

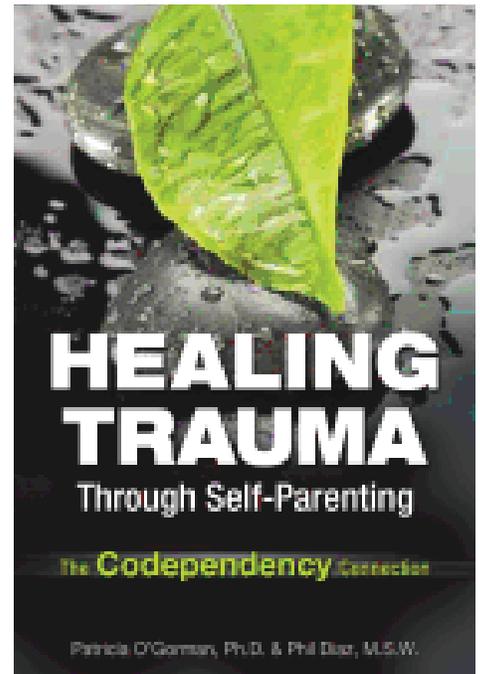
Now **Patricia O’Gorman, Ph.D.**, and **Phil Diaz, M.S.W.**, authors of the classic book

*The 12 Steps to Self-Parenting for Adult Children* and its companion workbook, *Windows to Your Inner Child*, expand the reach of that successful healing paradigm to individuals who have suffered from any kind of trauma.

Whether they grew up in a dysfunctional home, were victims of violence, or suffered other types of acute distress, many people struggle to determine the impact of earlier trauma on current adult decision making.

O’Gorman and Diaz show how trauma is a driver of dysfunctional behaviors and is linked with codependency. They offer a concise yet detailed resource for survivors and thrivers as well as the professionals who work with them.

Through a process modeled after the 12 Steps of AA, *Healing Trauma Through*



*Self-Parenting: The Codependency Connection* offers help to a broad array of readers, not just those who are ACOAs, by healing the wounded inner core and helping readers reassert their resilience.

*Presented in two succinct parts...*

Understanding and Identifying Trauma and Co-Dependency and The Self-Parenting Process.

Each chapter helps readers develop the skills necessary to redefine and empower themselves in the face of current challenges as they learn to heal their trauma and codependency from the past.



**Patricia O’Gorman, Ph.D.**, is a consultant and internationally recognized psychologist noted for her work with trauma, children of alcoholics, mental health, child welfare and substance abuse. Currently in private practice, she was one of the first researchers on children of alcoholics, developed the Department of Prevention and Education for the National Council on Alcoholism and Drug Dependence,

directed the Division of Prevention for the National Institute on Alcohol Abuse and Alcoholism, was clinical director of a child welfare agency, and directed an agency serving crime victims. She is the author of seven books including *12 Steps to Self-Parenting*, *Breaking the Cycle of Addiction*, *The Lowdown on Families Who Get High*, and *Dancing Backwards in High Heels: How Women Master the Art of Resilience*.



**Phil Diaz, M.S.W.**, is the director of community development and education for Behavioral Health of the Palm Beaches in Palm Beach, Florida, and has a private practice specializing in the treatment of addiction and trauma at Lifescape Solutions in Delray Beach, Florida. He is a social worker with more than thirty-five years of experience in drug prevention and treatment, child abuse, and trauma. He is also a founding board member of

the National Association for Children of Alcoholics and the founding chairperson of the National Drug Prevention League. He is the coauthor of: *The Lowdown on Families Who Get High*, *12 Steps to Self-Parenting*, *12 Steps to Self-Parenting Workbook*, and *Breaking the Cycle of Addiction*.

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