

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.

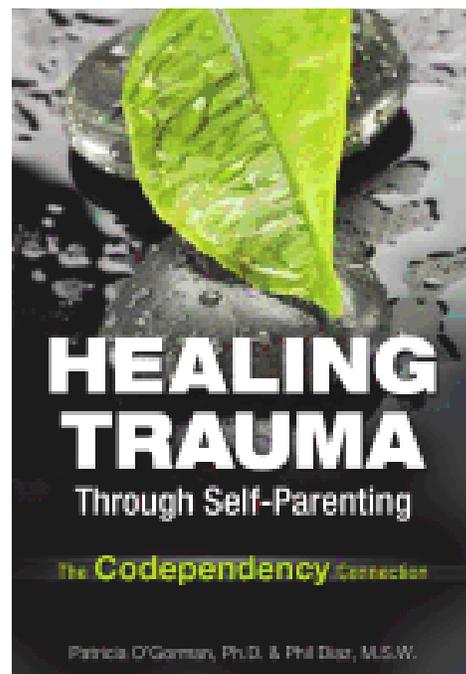
Now **Patricia O’Gorman, Ph.D.**, and **Phil Diaz, M.S.W.**, authors of the classic book

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

A nationally recognized psychologist in private practice in East Chatham, and Albany, New York, is noted for her work in families, children of alcoholics, trauma, child welfare, juvenile justice, mental health, and substance abuse.

She was one of the first researchers on children of alcoholics in the early 1970’s,

documenting the impact of alcoholism and sobriety on adolescent development, and in 1974, went on to create the Department of Prevention and Education for the National Council on Alcoholism and Drug Dependence (NCADD).

She has served as an international consultant to organizations in preventative and clinical strategic planning.

Dr. O’Gorman is a cofounder of the National Association for Children of Alcoholics, and has held positions ranging from Clinical Director of a child welfare agency, Executive Director of an agency serving survivors of crime and abuse, to Director of Prevention for NIAAA.

She is a veteran of numerous television appearances, including Good Morning America, Today, and AM Sunday and the author of *Dancing Backwards in High*

Heels: How Women Master the Art of Resilience. With Phil Diaz, she is the co-author of **Healing Trauma Through Self-Parenting: The Codependency Connection**, due to be published April 2012 by HCI of Deerfield Beach, Florida, *The Lowdown on Families Who Get High*, *12 Steps to Self-Parenting for Adult Children*, *12 Steps to Self-Parenting Workbook*, and *Breaking the Cycle of Addiction*, as well as numerous articles in magazines including *Addiction Today*, *Counselor*, and *Recovery*.

In her newest book, Dr. O’Gorman brings to the topic of Trauma and Co-Dependency the same type of seminal thinking that she used to help create the Children of Alcoholics Movement.

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