

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.

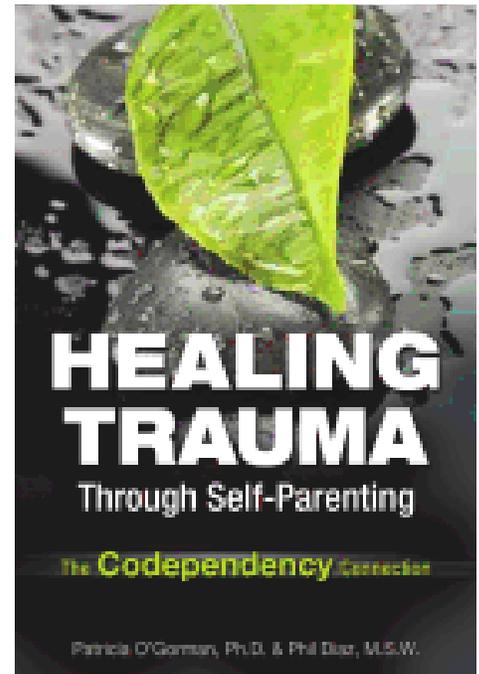
Now **Patricia O’Gorman, Ph.D.**, and **Phil Diaz, M.S.W.**, authors of the classic book

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.



Philip Diaz, M.S.W.

The executive director of the Harrigan Foundation at Palm Partners Treatment Center in Delray Beach, Florida. He has a private practice specializing in the treatment of addiction and trauma at Lifescape Solutions in Delray, Florida.

He is the former CEO of Gateway Community Services, Inc., a 200 bed drug

and treatment facility for adolescents and adults in Jacksonville, FL. At Gateway, he pioneered PTSD treatment for chronic relapsers using Gestalt therapy and EMDR.

He was the deputy director for substance abuse at one of the largest community mental health centers in New York State where he pioneered work with children of alcoholics and the dual diagnosed drug addicted person.

He is also the former Assistant Deputy Director for prevention in the Office of Demand Reduction with the White House Office of National Drug Control Policy. In this capacity, he was the lead federal official in the development of national and international drug prevention policy.

Diaz is a social worker with more than thirty-five years of experience in drug prevention, treatment and 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.

His work has appeared in Women’s Day, USA Today, and Focus on the Family. Diaz 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* as well as numerous articles in magazines including *Addiction Today*, *Counselor*, and *Recovery*.

He has received numerous awards for his work including an honorary doctorate in law from Mercy College in New York.

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