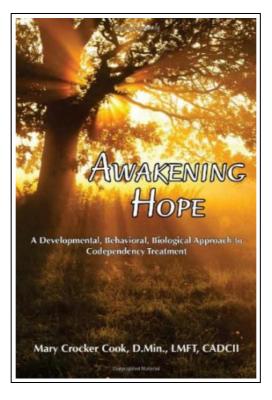
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AWAKENING HOPE. A DEVELOPMENTAL, BEHAVIORAL, BIOLOGICAL APPROACH TO CODEPENDENCY TREATMENT. (PAPERBACK)



Robertson Publishing, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.New Evolution in Codependency Treatment This book speaks to the need for an evolving treatment approach to a serious disorder that has previously been primarily addressed from a behavioral perspective. Awakening Hope is based on the premise that Codependency stems from early attachment disruptions, leading to ongoing anxious and avoidant attachment styles. These styles create a series of defensive behaviors in response to a foundational distrust of attachment that pervades every relationship. The frequent perceptions of attachment threat can lead to serious depletion of the adrenal system, and results in systemic and chronic illness. You will discover: Explanations for lifelong patterns of anxiety in relationships that are grounded in research and clinical experience. Long established behavior patterns in relationships will make sense and you will have access to a clear path for change. The physical consequences of these long term patterns, and clearly see the connections between your anxious or avoidant codependent behaviors and physical illnesses that compromise your quality of life. A clear structure for treatment planning and relapse prevention planning is provided for personal use and clinical use by therapist treating codependent clients. The Author: Mary Crocker Cook, D.Min., LMFT, CADCII is a licensed Marriage and Family Counselor with Connections Counseling Associates in San Jose, California. She has a doctorate in Interfaith Ministry, and is a certified Alcohol and Drug counselor. Most importantly, Mary has spent the last 20 years of her life teaching Codependency and Family Dynamics at San Jose City College, and has over 20 years of personal Al-Anon recovery.



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