

# • FACING • SHAME •

*Families in Recovery*

MERLE A. FOSSUM  
MARILYN J. MASON

# Facing Shame Families In Recovery

**Patrick J Carnes**



## **Facing Shame Families In Recovery:**

Facing Shame Merle A. Fossum, Marilyn J. Mason, 1986 Exploration of the relationship between shame the erosion of self worth resulting damage to interpersonal relationships

**Facing Shame** Merle A. Fossum, Marilyn J. Mason, 1986 Families that return for therapy many times have problems that seem unrelated such as compulsive addictive or abusive behaviors but are linked by an underlying process of shame Comparing the shame bound family system with the respectful family system Fossum and Mason outline the assumptions underlying their deft approach to family therapy and take the reader step by step through the stages of therapy

*Recovery from Smoking* Elizabeth Hanson Hoffman, Christopher Douglas Hoffman, 1998 Second Edition Elizabeth Hanson Hoffman rationalized her smoking for 27 years then she finally accepted the fact that she was powerless over cigarettes Using her own story the Twelve Steps and techniques she has developed as a practicing psychologist Hoffman will help you find the strength to finally let go of smoking

**Honor-Based Violence** Karl Anton Roberts, Gerry Campbell, Glen Lloyd, 2013-11-25 Honor based violence HBV is a crime committed to protect or defend the honor of a family and or a community It is usually triggered by the victim s behavior which the family and or community regards as causing offense or dishonor HBV has existed for thousands of years but has only very recently become a focus of law enforcement policy makers

**A Gentle Path through the Twelve Steps** Patrick J Carnes, 2012-06-01 A revised and expanded edition of the recovery classic by Patrick Carnes Ph D a leading expert on addictive behaviors It was out of his reverence and respect for the wisdom and therapeutic value of the Twelve Steps that Carnes wrote A Gentle Path through the 12 Steps now a recovery classic and self help staple for anyone looking for guidance for life s hardest challenges Hundreds of thousands of people have found in this book a personal portal to the wisdom of the Twelve Steps With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment Carnes s new edition invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery

**Intimate Betrayal** Ellyn Kaschak, 2014-01-02 Help ease the secret suffering of lesbians in abusive relationships Why is woman on woman violence so often ignored or discounted Intimate Betrayal Domestic Violence in Lesbian Relationships uncovers the hidden problem of lesbians who hurt the women they love This long needed book brings together theory practice and research to suggest new and fruitful ways to understand prevent and treat this common problem Intimate Betrayal provides new empirical research into the psychological and sociocultural causes of abuse As several of the chapter authors demonstrate neither traditional feminist theories about power nor heterosexist paradigms explain the causes dynamics or treatment of this problem However the new research presented here suggests helpful diagnostic criteria and effective treatments Intimate Betrayal analyzes the factors that contribute to lesbian domestic violence including heterosexism and homophobia minority stress emotional isolation and lack of community ties revictimization of women who have previously suffered abuse The thorough literature review included reveals the paucity of attention that has been paid to this problem

Intimate Betrayal suggests exciting new models for freeing women from domestic violence including the use of clinical and community resources and liberation theology Community activists counselors and psychologists will be intrigued by the insightful analysis of the root causes of lesbian on lesbian violence and the valuable treatment suggestions Researchers will welcome the new avenues it opens for additional research

**Helping Victims of Sexual Abuse** Lynn Heitritter, Jeanette Vought, 2006-06-01 How do we minister to victims of sexual abuse It s a difficult problem for Christian communities This solidly biblical and sensitive guide is packed full of helpful information that provides a valuable perspective on how abuse affects children and the family dynamics that play into its development As well readers will also discover practical tools that can lead adult victims into full recovery in Christ Required reading for everyone who wants to bring meaningful ministry to those affected by sexual abuse

**Reclaiming Your Self** Brian DesRoches, Brian Desroches, Ph.D., 2000 From an expert in the field comes the first and only complete step by step plan for recovery from codependence the self destructive behavior that results when people are so obsessed with the needs of others that they neglect their own

**Clinical Management of Sex Addiction** Patrick J. Carnes, Kenneth M. Adams, 2019-11-28 Clinical Management of Sex Addiction s newest edition updates many of the original chapters from 28 leaders in the field with new findings and treatment methods in the field of sex addiction With a growing awareness of sex addiction as a problem plus the advent of cybersex compulsion professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation This is the first book distilling the experience of the leaders in this emerging field It additionally provides new chapters on emerging areas of interest including partner counseling trauma and sexual addiction and adolescent sex addiction With a focus on special populations the book creates a current and coherent reference for the therapist who faces quickly escalating new constellations of addictive sexual behavior Readable concise and filled with useful interventions it is a key text for professionals new to the field and a classic reference for all clinicians who treat sex addiction

**Clinical Work with Substance-Abusing Clients, Second Edition** Shulamith Lala Ashenberg Straussner, 2004-08-31 This widely adopted text offers practical guidance for working with substance abusers and their families in a variety of clinical contexts Expert contributors present major assessment and treatment approaches together with detailed recommendations for intervening with specific substances and meeting the needs of different populations Throughout helpful case vignettes illustrate how to translate the ideas presented into practice and overcome common stumbling blocks Practitioners and students will find all the information needed to stay current in the field in this authoritative comprehensive and highly accessible work

*Professional Sexual Ethics* Patricia Beattie Jung, Darryl W. Stephens, 2013-12-01 Sexual health is an essential part of maintaining professional relationships in ministry Focusing on implications for the practice of ministry this book engages all dimensions of theological education and academic disciplines Each chapter includes an analysis of common ministry situations discussion questions practical guidelines and resources for further study The volume is ideal for use in courses on

professional ethics for ministry advanced leadership training and continuing education for clergy     *The Long Journey Home* Andrew J. Schmutzer, 2011-10-01 Maybe the only thing new about sexual abuse is quality discussion from several professions psychology theology and pastoral care Here are the insights of over two dozen psychologists theologians and those in pastoral care all targeting the issue of sexual abuse Designed as a resource for Christian educators therapists pastors social workers group leaders and survivors The Long Journey Home combines current research in mental health with rich theological reflection global concern with fervent pastoral wisdom for the local faith community Whether you are a counselor professor pastor or spouse of a survivor you hold in your hand a fresh resource of information and advocacy for those suffering from the devastating effects of sexual abuse and rape The breadth of material biblical insight discussion questions and helpful resources gathered here just may be the tool of a generation     **Adult Children Secrets of Dysfunctional Families** John Friel, Linda D. Friel, 2010-01-01 It is estimated that as many as 34 million people grew up in alcoholic homes But what about the rest of us What about families that had no alcoholism but did have perfectionism workaholism compulsive overeating intimacy problems depression problems in expressing feelings plus all the other personality traits that can produce a family system much like an alcoholic one Countless millions of us struggle with these kinds of dysfunctions every day and until very recently we struggled alone Pulling together both theory and clinical practice John and Linda Friel provide a readable explanation of what happened to us and how we can rectify it     **A Gentle Path Through the 12 Steps and 12 Principles Bundle** Patrick J. Carnes, 2012-07-17 Two book bundle Essential Twelve Step Recovery Guides from renown author Patrick Carnes Ph D It was out of his reverence and respect for the wisdom and therapeutic value of the Twelve Steps that author Patrick Carnes wrote A Gentle Path through the Twelve Steps now a recovery classic and self help staple for anyone looking for guidance for life's hardest challenges Hundreds of thousands of people have found in this book a personal portal to the wisdom of the Twelve Steps With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment Carnes new edition invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery A Gentle Path through the Twelve Principles outlines twelve guiding principles to help those in recovery These principles have existed among fellowships as a hidden curriculum of fundamental truths about recovery for decade but never before have them been distilled into a succinct set of values that when practiced help each of us to develop an essential skill set for life The principles such universal touchstones for human self realization as acceptance awareness responsibility openness and honesty are concepts that enable a deep inner study and focus to make a new life happen in recovery     Codependents' Guide to the Twelve Steps Melody Beattie, 1992-04-09 Explains how recovery programs work and how to apply the Twelve Steps of Alcoholics Anonymous Offers specific exercises and activities for use by individuals and in group settings     **Getting Love Right** Terence T. Gorski, 1993-08-10 Designed to effect change this book teaches skills to develop healthy relationships Self assessments and questionnaires help readers apply Gorski's principles and

practical skills to their own lives and move toward true healthy intimacy      **Don't Call It Love** Patrick Carnes,2013-12-18 Dr Patrick Carnes is a creative pioneering and courageous human being His books are changing the lives of thousands I lost three marriages all because of affairs I became suicidal because of multiple intense involvements I spent money on sex when I needed it for children s clothes I lost promotion opportunities and a special scholarship because my co workers found out about my sex life Every day they face the possibility of destruction risking their families fiances jobs dignity and health They come from all walks of life ministers physicians therapists politicians executives blue collar workers Most were abused as children sexually physically or emotionally and saw addictive behavior in their early lives Most grapple with other addictions as well but their fiercest battle is with the most astounding prevalent secret disorder in America sexual addiction Here is a ground breaking work by the nation s leading professional expert on sexual addiction based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder This essential volume includes not only the revealing findings of Dr Carne s research with recovering addicts but also advice from the addicts and co addicts themselves as they work to overcome their compulsive behavior Positive hopeful and practical Don t Call It Love is a landmark book that helps us better understand all addictions their causes and the difficult path to recovery      Clinical Management of Sex Addiction Patrick Carnes,Kenneth M. Adams,2013-06-17 This is the first comprehensive volume of the clinical management of sex addiction Collecting the work of 28 leaders in this emerging field the editors provide a long needed primary text about how to approach treatment with these challenging patients The book serves as an excellent introduction for professionals new to the field as well as serving as a useful reference tool The contributors are literally the pioneers of one of the last frontiers of addiction medicine and sex therapy With a growing awareness of sex addiction as a problem plus the advent of cybersex compulsion professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation This is the first book distilling the experience of the leaders in this emerging field With a focus on special populations it also becomes a handy problem solving tool Readable concise and filled with useful interventions it is a key text for a problem clinicians must be able to identify It is destined to be a classic reference

**Forgiving Our Parents, Forgiving Ourselves** Dr. David Stoop,2011-03-21 For more than 15 years people who grew up in dysfunctional families have found hope healing and the power to move forward with their lives in the classic Forgiving Our Parents Forgiving Ourselves Now in this revised and updated edition which includes new stories statistics and more practical help a new generation can move beyond failure to forgiveness by understanding the roots of their pain Readers will explore family patterns that perpetuate dysfunction by constructing a psychological family tree that will uncover family secrets and habits that have shaped their adult identity As they develop a greater understanding of their family of origin they will be able to take the essential step of forgiveness releasing themselves from the chains of the past to live in freedom and wholeness Forgiving Our Parents Forgiving Ourselves gives readers the power to become unstuck from behaviors that hurt themselves

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