



Emotional Distress

OUTCOMES

Significant results for CAST [+CARE] youth relative to 'usual care,' treated controls :

- 44% ↓ in Depression [24% ↓ for controls]
- 29% ↓ in Hopelessness [22% ↓ for controls]
- 34% ↓ (females), 27% ↓ (males) in Anxiety
[13% ↓ (females), 21% ↓ (males) for controls]
- 24% ↓ (females), 20% ↓ (males) in Anger
[12% ↓ (females), 20% ↓ (males) for controls]

Reconnecting Coping With The Emotional Effects Of A Heart Condition

JL Elias



Reconnecting Coping With The Emotional Effects Of A Heart Condition:

Reconnecting Susan D. Allen, Colleen A. Holloran, 1991 *The Heart Reconnection Guidebook* Joan Borysenko, Holly Cook, Mary Faulkner, Lee McCormick, Will Taegel, 2018-11-06 This book is written for all who have suffered heartbreak It is for those troubled by anxiety depression loss grief questioning their self worth caught in addiction or obsessive compulsive behavior and struggling to find meaning While the list is broad in scope it shares a common theme The conditions reflect a broken relationship to the core of your being your own healing heart sacred heart For anyone who has struggled with the not enough not good enough not pretty enough not smart enough not strong enough and the list goes on this book is written with you in mind With 300 years of collective wisdom the path laid out by the authors is well road tested and culled to reflect what has been and continues to be most effective in their own lives and the lives of those they have helped over the years Through thought provoking questions meditations self reflection and creative practices to choose from the book offers a process of gradually uncovering the uniqueness of your own heart and soul This multifaceted approach to healing opens a new path for greater awareness and well being that lasts Complementing the *The Heart Reconnection Guidebook* text is a comprehensive teacher s guide which presents the concept of Heart Reconnection Therapy HRT and walks the therapist or counselor through wellness promoting activities insightful discussions and meditations related to the *The Heart Reconnection Guidebook* text It is an excellent resource for working with individuals and also with groups This book is based on the wisdom tradition rather than therapy in the usual sense as it is based on each participant s self exploration There is no specific agenda meaning the book or the leader Is not taking participants to a predetermined right way to be but rather creating a context for each person s encounter with their own truth and who they are in the core of their being Readers and teachers alike will find the wisdom traditions offered within these pages life changing self empowering and community building all for the sake of greater happiness increased awareness and sustainable well being **Reconnected** Janine Stirling, 2019-04 Fragmented memories flashbacks emotional reactivity and somatic complaints are common features in the lives of trauma survivors These symptoms often leave one feeling disconnected and alone Sexual assault trauma leaves scars that frequently go unseen by the general public The effects however are lasting for the survivor and frequently impact a person s ability to engage fully in life and to navigate intimate relationships with ease Recovery from such experiences is challenging I sought treatment for two decades before stumbling upon a treatment approach that worked pelvic floor physiotherapy In my experience it was through this unconventional treatment approach that I was able to completely resolve all the post traumatic stress disorder symptoms I had lived with for decades This book is unique in that it details the ingredients that went into enabling my recovery In my experience it was a combination of the physiotherapist s person centred skills together with the muscle release approach we adopted that enabled success *Reconnected* offers hope to survivors It is written as a mix of a personal story combined with the many therapeutic approaches I tried prior to discovering the physiotherapy

approach that worked The neuroscience explaining how and why trauma can be treated through the body already exists This research has been incorporated in the book to explain the success of the approach described This makes it appealing to academics healthcare professionals and people with experiences similar to my own To my knowledge very few people recover completely from the effects of complex trauma It is exciting to find a treatment approach that not only works but is a first of its kind in treating trauma of this nature in this way

Depression: How to Deal With Depression Naturally (Powerful Strategies and Reconnect With Yourself Without Struggle) Richard Forrester, Depression is a common and debilitating mental health condition that affects millions of people worldwide It can have a significant impact on individuals lives making it difficult to function and enjoy daily activities Traditional treatment methods for depression often involve medication with potential side effects or therapy that may not provide the desired results This can leave individuals feeling frustrated and hopeless unable to find an effective solution to their struggle You will discover The root of depression What depression is and its causes Various mindsets that depression produces How trauma rewires the brain Effects of traumatic experiences on the brain How unresolved problems affect mental health Why you feel the way you feel How and why the body reacts and responds to depression How self disconnection feeds depression Its holistic approach uncovers many keys practices and secrets that can lead to a healthier and happier life One survivors guide for beating depression and thriving thereafter is an inspirational story of struggle and perseverance that will prove that anyone can fight their way through their darkest hour and even dare to begin to forge their way to thriving thereafter

The Reconnected Heart Dr. Jonathan Andrews MAPS FCCLP,2020-12-03 Do you carry pain from a previous or existing relationship Perhaps a friend family member or partner has hurt you and you just can t seem to get over it You try to move forward but you have suffered injuries of connection and your heart isn t healing Injuries of connection can be the deepest and most disruptive of all psychological conditions leading to deep feelings of betrayal worthlessness shame and alienation But there is hope While it is true that relationships can hurt us they can also heal us Your heart can mend by connecting with yourself connecting with safe and understanding people and connecting with the God who created you and longs to love you in the midst of your pain Using his 20 years of experience as a practising clinical psychologist together with biblical foundations insights from literature and scientific evidence Dr Jonathan Andrews will lead you through the steps of healing He will guide you through the chaos of psychological injuries caused by disconnection and towards a reconnected heart and set you up for a life of trust self esteem honour and belonging

American Book Publishing Record ,1992 *In Pursuit of Self: Navigating Midlife Changes and Transitions* Pasquale De Marco,2025-03-03 In *In Pursuit of Self Navigating Midlife Changes and Transitions* we embark on a transformative journey through the complexities of midlife a time of both challenge and opportunity This comprehensive guide offers support and guidance to those seeking to navigate this uncharted territory and emerge with a renewed sense of purpose and fulfillment As we enter midlife we may find ourselves questioning our life choices our relationships and our sense of purpose

This book delves into the emotional psychological and practical challenges that accompany this stage of life offering insights stories and practical exercises to help readers navigate the complexities of midlife with grace and resilience We explore the evolving dynamics of relationships the changing landscape of work and career and the physical and mental health concerns that often arise during this time We also address the unique challenges faced by women and men as they navigate midlife providing tailored guidance and support But midlife is not just a time of challenges it is also a time of immense opportunity This book encourages readers to let go of what no longer serves them and embrace new possibilities It is a time to redefine priorities pursue passions and live life on their own terms With compassion and understanding this book guides readers through the challenges and opportunities of midlife helping them to Understand and navigate the emotional and psychological changes of midlife Redefine their identity and purpose in a changing world Create a fulfilling and meaningful life beyond work and family Reconnect with their health and well being Strengthen relationships and family dynamics Explore spirituality and personal growth Manage finances and plan for retirement Embark on new adventures and discover hidden passions Embrace the wisdom of age and find peace and contentment In Pursuit of Self is an essential companion for anyone navigating the complexities of midlife With its insightful guidance and practical tools this book empowers readers to embrace this transformative journey with courage resilience and a renewed sense of purpose If you like this book write a review

Connect to Reconnect Namrata Jain,2025-09-02 What if your well being wasn't shaped by just one or two relationships but by nine From the moment you come into existence you are in a relationship with your body your breath the food you eat the people you love the work you do and even the power you will believe in Connect to Reconnect is a warm invitation to explore these often overlooked yet deeply transformative connections You will take a closer look at nine jewels of your life that often sit in the background but play a big role in your everyday peace purpose and joy Each chapter gently encourages you to reflect realign rebuild the way you relate to these areas of life Based on years of experience in psychotherapy and well being Namrata offers an insightful and grounded perspective to this circle of wellbeing which comes not just from theory but lived experiences Through real stories and reflective insights you will begin to see your life not as a series of separate events but as an interconnected whole This book could be your best mirror companion and a gentle guide to help you reconnect to what truly matters It's time to slow down To reconnect to start living with intention *A Path to Essential Living: Finding Meaning and Fulfillment Through Simple Life Principles* Pasquale De Marco,2025-04-13 In a world obsessed with excess and distraction A Path to Essential Living Finding Meaning and Fulfillment Through Simple Life Principles offers a refreshing perspective on what truly matters With its engaging narrative and thought provoking insights this book challenges conventional notions of success and happiness encouraging readers to embrace a life of simplicity intention and authenticity Drawing inspiration from various philosophies and traditions Pasquale De Marco presents a holistic approach to living that emphasizes inner peace mindful consumption and connection with nature Through personal

anecdotes and practical advice Pasquale De Marco guides you on a journey of self discovery and fulfillment as you delve into the world of essential living Discover the liberating power of shedding societal expectations and redefining success on your own terms Learn to cultivate meaningful relationships pursue personal growth and find balance and harmony in your life A Path to Essential Living Finding Meaning and Fulfillment Through Simple Life Principles delves into the heart of minimalism exploring its principles and benefits Discover how to declutter your life both physically and mentally making space for what truly matters Embrace the joy of letting go of excess possessions and find freedom in owning less Learn to appreciate the beauty of simplicity and the power of living with intention Beyond material possessions A Path to Essential Living Finding Meaning and Fulfillment Through Simple Life Principles explores the importance of mindful consumption and sustainable living Pasquale De Marco challenges readers to question their buying habits and make conscious choices that align with their values Discover how to resist the allure of consumerism and embrace sustainable living practices that benefit both yourself and the planet With its comprehensive and insightful approach A Path to Essential Living Finding Meaning and Fulfillment Through Simple Life Principles provides a roadmap for creating a life of simplicity meaning and fulfillment Pasquale De Marco guides you through the challenges and rewards of living essentially offering practical tools and inspiring stories to help you along the way Embrace the transformative power of essential living and embark on a journey that will leave you feeling empowered fulfilled and connected to your true self If you like this book write a review on google books

Understanding Women's Recovery From Illness and Trauma Margaret H. Kearney, 1999-06-23 Understanding Women's Recovery from Illness and Trauma is a practical guide to the why and how questions of human responses to illness With this volume Margaret Kearney presents aspects of women's experiences that counselors are not always exposed to and provides support in the treatment of women who are facing or recovering from serious illness and other health crises This book draws on qualitative data from a variety of sources and offers a theoretical model of women's health and identity Kearney begins with an overview of that model and discusses the grounded theory approach to collecting and analyzing experiential data She next moves on to describing a number of health crises recovery situations women's responses to these events and discusses clinical implications for women undergoing these experiences The author also examines women's approaches to staying healthy and balancing their lives and she closes by suggesting areas for future research She also discusses policy implications for health and human service agencies that deal specifically with women from various cultural and ethnic groups Understanding Women's Recovery from Illness and Trauma synthesizes the many studies that have been conducted on the topic across various disciplines As such this book provides one of the first general resources for therapists and counselors who work with women It will also be particularly interesting to graduate and undergraduate students of clinical psychology counseling and social work women's studies and education This volume will prove useful for in service training programs for counselors social workers nurses and psychologists

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