

HEALING FOR  THE HEART

SECRETS OF YOUR FAMILY TREE

*Healing for
adult children of
dysfunctional families*

KEVIN CARVER, M.A.
DREW HENSLIN, D.S.W. AND J. JAMES HENSLIN, D.S.W.
DREW HENSLIN, M.D. AND ALICE HENSLIN, M.D.

Foreword by Charles R. Scudell

Secrets Of Your Family Tree Healing For Adult Children Of Dsyfunctional Famlies

Kim Fredrickson



Secrets Of Your Family Tree Healing For Adult Children Of Dsyfunctional Famlies:

Secrets of Your Family Tree Dave Carder, Henry Cloud, Alice Brawand, John Townsend, 1995 Revised and updated from the original this honest and forthwright look at families of all shapes and sizes will help you down the path of healing whether you know you need it or whether yo re just not sure Unlocking Your Family Patterns combines decade s worth of counseling wisdom and pastoral care insights into this one practical resource Your past may hurt and your family s patterns may have left emotional scars but your future has not been laid in stone yet There is hope for healing there are lessons to learn and there are paths toward family health Using clinical biblical and practical examples to help you uncover the patterns your family has lived in this book might lead you toward the family u turn you ve been looking for **Secrets of Your Family Tree** ,1991 *Healing the Hurts of Your Past* F. Remy Diederich, 2011-11 Do you find that you are your own worst enemy Are you your biggest critic Do others believe in you but you find yourself filled with doubt Why is that You are not alone in this Many of us do the same thing Why do we so often sabotage the success we long for The answer in a word is shame Shame plays a vital role in our lives and is often overlooked Shame can come from many things such as addiction and the hurts of our past How we deal with those issues can be the difference between healing and rising from the ashes as a more confident and powerful person to being stuck in the same old rut What do you want to do Are you reading to start dealing with the pain and find real healing This book is not a feel good story but a roll up your sleeves down and dirty look at the pain of shame F Remy Diederich helps you connect the dots to your self defeating behavior and then gives you practical how to advice about how a true understanding of God s love can free you to live the life you ve always wanted If you have been searching for a way to find Christian counseling or addiction treatment or just repairing the damage that has been done by living with the lies and hurts of your past *Healing the Hurts of Your Past* is a powerful first step to freedom **Breaking the Cycle of Divorce** John Trent, Larry K. Weeden, 2011-07-15 Making your marriage healthy and making it last has never been harder In an age when the pressures on marriage are heavy and divorce is more accepted and easier to obtain marriages seem to fail as often as they succeed When you come from a home of divorce making your own marriage work is even tougher than the norm Fortunately in *Breaking the Cycle of Divorce* author John Trent an adult child of divorce himself gives you the encouragement insight and tools you need to beat the odds Learn how you can in fact succeed where your parents failed **Sexual Addiction: Understanding and Treatment** Paul Becker MAEd LPC, 2015-02-23 The book *Sexual Addiction Understanding and Treatment* introduces graduate level students to the field of sexual addiction Graduate schools seek a textbook that specifically addresses the dynamics of sex addiction to complete their counseling education curriculum Some professors have indicated that there is a dearth of targeted instructional content This book fills that need As a compendium of Dr Carnes research related to the treatment of sexually addicted men and women the book will serve as clinical manual for therapists Therapists are invited to use the recovery program presented as an effective treatment regimen

for sex addicts Internet pornography addicts men and women who have a weakness for sexual stimulation One estimate is that as much as half of the male population and a third of the female population are addicted to pornography The need for a relevant clinical tool is real As such the book contains thirty six therapeutic exercises to help sexually addicted men and women in conjunction with sex addiction therapy to achieve long term sexual sobriety From "Worster" to the Process of Healing Milton Burgess,2018-12-07 From Worster to the Process of Healing is a journey through the life of individuals who have found themselves in a state of brokenness that has risen in all human beings because of the fall in the Garden of Eden The fall has manifested itself in all areas of life which oftentimes gives rise to dysfunction in the lives of many families This book seeks to look at the lives of some prominent characters in biblical history and trace their journey and to see the many serious acts they made as a result of their sinful nature What is so interesting is that their actions affected not only their lives but also the lives of many generations As we journey through the process of wounded lives this book looks at various clinicians and their approaches to bring healing to wounded persons What we may find interesting is that the community of faith has a vital role to play in the healing of the wounded and broken individual This book does not seek to be the final source of one's solutions to health but seeks to be hopefully a source that one may gain further insight into the process of healing or wellness *Stronger Every Day* Janell Rardon,2021-01-19 As a trauma informed professional life coach Janell Rardon spends a good deal of her day to day work with brokenness broken families broken relationships broken hearts and souls In response to the pleas of her clients she developed a set of emotional health tools that help them repair the broken parts of their lives In *Stronger Every Day* she shares those powerful tools with you In this heartlifting book she helps you to transform pain into meaning experience secure attachment with God shape healthy thoughts shift from shame to self compassion practice healthy assertiveness set mental and emotional boundaries understand triggers and defense mechanisms regulate emotional highs and lows cultivate healthy human connection With inspiring Scriptures quotes prayers personal stories and case studies Rardon sets you on the path of emotional health so that you can be stronger than ever every day *Growing Beyond Our Genetics* Paula M. Potter,2007 **Blended Families** Maxine Marsolini,2000-01-10 When remarried couples bring their families together they face unique challenges Somehow they must bring unity out of diversity Maxine Marsolini points to biblical solutions to the conflict commonly found in divorce and remarriage situations Growth and Application questions make this an excellent resource for small groups or Christian counseling **Biblical Counsel** ,1993 **Jekyll and Hyde** Paula M. Potter,2007 MomSense Jean Blackmer,2011-06 Helps a woman develop confidence in her parenting skills by equipping her with basic mothering strategies and teaching her to trust her intuition Roots Matter Paula Owens Parker,2016-07-15 *Roots Matter* recognizes the impact of transgenerational trauma as a result of chattel slavery on the African American community It emphasizes the importance of discovering the silent stories those that were overlooked and ignored unearthing the secret stories those that were intentionally covered up and being attentive to the

reverberations of the severed stories of slavery and how they influence family history and family members Interrupting the transference of generational trauma through mourning forgiveness and prayers for healing accelerates the transference of generational resilience Through celebration and blessing the fortitude courage and determination in the family narrative moves current and future generations toward healing and wholeness Roots Matter prunes the family tree of trauma the silent secret and severed stories that stunt the growth of the family and tends to family roots fertilizing them with the recognition of the resilience achievements gifts and talents of the ancestors thus creating a healthier environment for future generations to flourish

Stupid about Men Deborah Dunn,2009-02-03 Tired of Kissing Frogs Even the most capable and intelligent women are sometimes struck stupid when it comes to relationships with men Maybe you re like Cinderella who thinks that only a man can rescue her or perhaps you are like Little Red Riding Hood always attracted to bad boys or maybe you find yourself simply settling like Rapunzel because you don t believe you can do any better And somehow you always end up kissing frogs No matter what kind of stupid you are licensed marriage and family therapist Deborah Dunn will show you why you keep making the same mistakes with men and will empower you to take control of who you are and become smart about life

Scars That Speak Rochelle Murray,2011-06-30 Scars That Speak is the powerful and compelling account of one woman s battle to overcome her abusive childhood and the destructive behaviors and thinking patterns that developed as a result Rochelle Murray writes with complete honesty as she evaluates her life in light of her past Full of original poetry journal writings and art work Scars That Speak offers the reader a glimpse into the mind of a woman struggling to triumph over emotional physical and sexual abuse The uniqueness of this book lies in the fact that it was written as her therapy progressed which allows the reader to walk with Rochelle along her journey Her story is captivating and poignant gripping the reader from the outset Rochelle s therapeutic relationship with a Christian psychologist provided the support that she needed to break free from her addiction to cutting and enabled her to face her fears and the memories of her childhood Her scars speak loudly of the fact that the past can be confronted truth can be discovered and strength and healing can be attained This book is so much more than just another book about cutting An estimated two million Americans purposefully cut themselves each year Rochelle used to be among their number Her self destructiveness started when she was sexually abused by her grandfather Her narcissistic mother also played a major role in her self destructive behavior Could therapy be the answer Could she find her voice Could truth be told Join Rochelle on her therapeutic journey as she struggles to find healing and the reward of joy

Torn Asunder Dave Carder,2007-05-01 A resource on marital infidelity for all involved even onlookers Written by respected pastor and marriage counselor Dave Carder this revised and expanded version of Torn Asunder sorts through the factors that contribute to infidelity and then maps out a recovery process for both partners With compassion and wisdom rooted in the Bible Carder offers insight for the victims of adultery the perpetrators and those who seek to help hurting couples Along the way Carder also answers questions like Why did this happen We didn t actually sleep

together so is it still an affair Can I trust my spouse again Should I reveal a secret affair What if my spouse doesn't want me back What do we tell the kids This refreshed and updated edition is an excellent resource for pastors leaders and lay people Pair this with the Torn Asunder Workbook to for extra guidance in applying the book's advice to your marriage *Ezra and Nehemiah* Joseph Too Shao, Rosa Ching Shao, 2019-06-30 The books of Ezra and Nehemiah illustrate how leaders of God's people confronted the challenges facing the Jews during the post-exilic period of Israel Zerubbabel inspires the people of God to rebuild the temple Ezra leads them in renewing their faith in God and Nehemiah rebuilds the wall and importantly the people as well The examples in these books of leading through challenges and opposition by trusting the Lord and committing to prayer testify to how God's gracious hand guides and blesses his people at each step The careful exposition of these two books provides a valuable model for us to balance prayer and action with contextual application and how the full obedience of leaders can lead to communities being transformed The Asia Bible Commentary series empowers Christian believers in Asia to read the Bible from within their respective contexts Holistic in its approach to the text each exposition of the biblical books combines exegesis and application The ultimate goal is to strengthen the Body of Christ in Asia by providing pastoral and contextual exposition of every book of the Bible **The Premarital Counseling Handbook** H. Norman Wright, 1992-04-09 In any endeavor dreams and goals not backed by concrete plans and preparations can result in failure And marriage is no exception claims H. Norman Wright In fact without solid planning and forethought by engaged couples we will surely see a continuation of the startling divorce rate among Christians and non-Christians alike On the other hand thorough premarital counseling and preparation can result in lifelong marriages that are fulfilling and God-honoring That's where the church comes in More and more churches are realizing that their responsibility lies not only in pronouncing men and women husband and wife but also in making sure the proper foundation is laid so that marriages have a better chance of standing strong under pressure Since its introduction in 1977 as *Premarital Counseling* this book has been used by literally thousands of churches throughout the country as both a guide and reference tool Now Dr. Wright has added new material to cover some perplexing issues that have come into prominence only recently Among those special concerns are interracial marriages Second marriages Marriages of persons from dysfunctional families Writing for both pastors and other premarital counselors H. Norman Wright sets you at ease about the counseling process even if you've had only limited counseling experience As the author of the popular *Before You Say I Do* and numerous other books on marriage H. Norman Wright documents in *The Premarital Counseling Handbook* methods that have proved successful These will help insure that the marriages performed in your church will resist the pressures that are destroying today's married couples [Give Yourself a Break](#) Kim Fredrickson, 2015-07-03 Many people are used to showing compassion to others What many of us have trouble with is showing that same compassion to ourselves Too often we say things to ourselves that we would never say to a friend All this negative self-talk can have a devastating effect on our lives Licensed marriage and family therapist Kim

Fredrickson wants readers to stop beating themselves up Grounding her advice in the Bible she offers practical steps specific exercises and compassionate words to say in order to build a loving relationship with ourselves Through inspiring stories of transformation she helps us learn to show ourselves the kind of grace and understanding we offer to others and to change our relationships our outlook on life and our view of ourselves in the process *Torn Asunder Workbook* David Carder,2010-04-01 Based on the principles in the bestselling *Torn Asunder* a book that has helped thousands of people survive infidelity this revised and expanded workbook offers five crucial services for hurting couples Stabilizes the marriage in the initial crisis Provides structure for the emotionally volatile environment Brings closure to the old marriage the marriage prior to the affair Establishes skills necessary for the new marriage pattern Answers the questions How could you do this to me Why did you do it The *Torn Asunder* workbook is built around daily twenty minute homework exercises initiated by each spouse on alternating days for ten to fifteen weeks Working with your spouse might be the last thing you want to do right now but it s essential to your long term recovery whether or not your marriage survives Healing won t be easy But the *Torn Asunder* workbook provides hope encouragement and practical advice for the journey Take the first step today

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