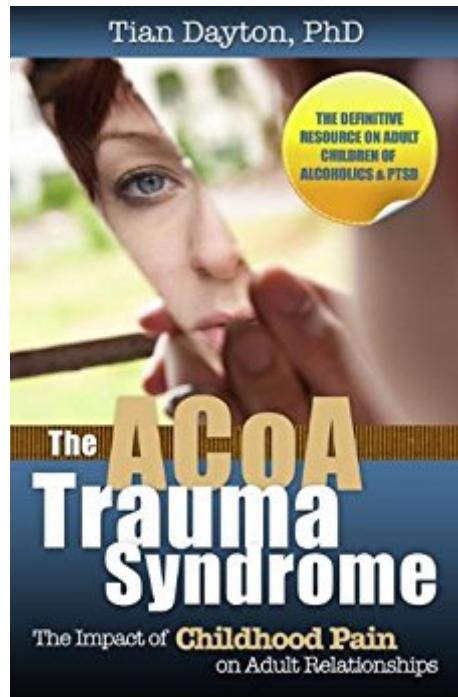


The book was found

# The ACOA Trauma Syndrome



## **Synopsis**

Growing up in a home where there is addiction or relationship trauma puts a child at great risk for long-term, post-traumatic stress effects that adversely compromise adult relationships. Bestselling author, psychologist, and psychodramatist Tian Dayton examines this trauma through an exploration of the way the brain and body process frightening or painful emotions and experiences in childhood, and she shows how these traumas can become catalysts for unhealthy, self-medication behaviors including drug and alcohol abuse, food issues, and sex, gambling, and shopping addictions. Through Dr. Dayton's insightful analysis and thoughtful examination, *Adult Children of Alcoholics* will learn how and why the pain they experienced in childhood plays out in their adult partnering and parenting, and they will learn how to restore health and happiness through their resilience.

## **Book Information**

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## **Customer Reviews**

I purchased this book originally with the idea to better understand my significant other, an adult child of an alcoholic. I am a recovering alcoholic (18 years sober), and my grandfather was an alcoholic. I

never saw my father (an ACOA) drink, but he said he stopped drinking when we (my brother and I) were kids so that we wouldn't have the life that he did, growing up with an alcoholic father. So many things in this book affirmed who I am--I felt odd and confused and sad and defective as a child, and as if something bad had happened to me, but have no recollection of any huge trauma. This book affirmed my experience and my feelings. It has helped me be more compassionate toward myself and to my significant other, who struggles with his own ACOA issues. I read many MANY books on recovery and alcoholism over the years, and this is the FIRST one that I have ever felt so validated and so helped by! This book helped me understand why I react the way I do sometimes and how to change. I recommend it for ACOAs and alcoholics and addicts alike. Amazing book.

I am an ACOA and I am working a 12 step program in Al anon. I came across this book and I am amazed at how insightful it has been for me. I was unaware of the fact that those who suffer from the affects of alcoholism could suffer from PTSD and now after reading this book I am aware that many of my feelings and behaviors mimic that of suffering from PTSD symptoms. I am grateful to have the awareness and to know that by continuing to work my Al anon program along with the help of a therapist these unhealthy behaviors can be reversed and I can grow to live a healthy life for me and the people in my life. I would definitely recommend this book to a friend or anyone else suffering from the affects of someone Else's drinking.

Truly brilliant explanation of what happens to change the brain and thought processes, and physiological responses to every day stimuli in trauma victims. I thought it was just that I was defective, because I was told and shown that in so many awful ways by my abusive family of origin. I endured years of abuse that started with a stepparent, and which left me a target for further bullying and abusive relationships. If I had understood what happened to me I would have dealt with the fallout from the abuse differently because I would have had tools to help reframe events and change my thought patterns. I wasn't born this way, I was outgoing and confident and empathetic, and I ended up with undiagnosed PTSD. Nobody knew 40 years ago that kids from abusive and dysfunctional families suffered this way, but now it's recognized and there is some help available. We don't get to go back in time for do-overs to have the life we should have had, but we can start from where we are now and make the time we have left much better. Even if we are older, there is still hope and this book is a great place to start healing from the inside out.

I don't know if I have ever highlighted a book more than this one. Really insightful and helpful for

both ACoA's and their partners! If this book hits home for you, I also highly recommend "Adult Children: Secrets of Dysfunctional Families" by John Friel.

Dr. Tian has combined trauma with addiction. Those of us who are addiction professionals knew that ACOAs experienced some level of trauma but she has taken that information and synthesized and explained it in a way that will be helpful to therapists.

I found the book very profound never quite realizing before that devastating emotional experiences trigger the level of trauma that it does. This book is so eye opening I recommended to a friend of mine, it's an easy, profound, excellent read.

The author has truly done her research! This amazing book helps the ACOA make sense of their life events, behaviors, and emotions. It helps you to feel less alone and truly validated! VERY WELL DONE! I have already recommended this book to many family, friends, and clients!

Dayton takes her years of experience working with ACOA's and attempts to condense it into her newest book. If you've never read her work, it's priceless material. If you have read her previous books, this one is still excellent insight into the emotional and mental world of the ACOA.

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Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship  
Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126)  
The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book)  
Handbook of Dental Trauma: A Practical Guide to the Treatment of Trauma to the Teeth  
Trauma-Attachment Tangle: Modifying EMDR to Help Children Resolve Trauma and Develop Loving Relationships  
Child Trauma Handbook: A Guide for Helping Trauma-Exposed Children and Adolescents  
Prehospital Trauma Life Support (NAEMT PHTLS, Basic and Advanced Prehospital Trauma Support)  
Building Resilience to Trauma: The Trauma and Community Resiliency Models  
Coping with Concussion and Mild Traumatic Brain Injury: A Guide to Living with the Challenges Associated with Post Concussion Syndrome and Brain Trauma  
Alice In Wonderland

Syndrome: Experiencing Complex PTSD, Trauma, Anxiety, Depersonalization, Derealization, and Migraines (Transcend Mediocrity Book 101) The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Asperger's: The Asperger Syndrome Revealed! The Ultimate Information Book (Asperger Disorder, Asperger Syndrome, Aspergers, AS, AD, ASD) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome

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