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Healing Trauma Through Self-Parenting: The Co-Dependency Connection

Patricia O'Gormon, Phil Diaz

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Self-healing through self-parenting, a concept introduced a generation ago, has helped thousands of adult children of alcoholics who are codependent and have conflicts in their primary relationships. Now Patricia O'Gorman, PhD, and Phil Diaz, MSW, authors of the classic book *The 12 Steps to Self-Parenting for Adult Children* and its companion workbook, expand the reach of that successful healing paradigm to anyone who has suffered from any kind of trauma. Whether they grew up in a dysfunctional home, were victims of violence, or suffered other types of acute distress, many people struggle to determine the impact of earlier trauma on current adult decision making. O'Gorman and Diaz show how trauma is a driver of dysfunctional behaviors and linked with codependency, and they offer a concise yet detailed resource for survivors and thrivers as well as the professionals who work with them.

Through a process modeled after the 12 Steps of AA, *Healing Trauma Through Self-Parenting: The Codependency Connection* offers help to a broad array of listeners (not just those who are ACOAs) by healing the wounded inner core and helping listeners reconnect to their inner child.

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