

*Healing  
The Child  
Within*



DISCOVERY  
AND RECOVERY  
FOR ADULT  
CHILDREN OF  
DYSFUNCTIONAL  
FAMILIES

*Charles L. Whitfield M.D.*

# **Healing The Child Within Discovery And Recovery For Adult Children Of Dysfunctional Families Charles L Whitfield**

**Jiyuan Zhang**



Healing The Child Within Discovery And Recovery For Adult Children Of Dysfunctional Families Charles L Whitfield

Healing the Child Within Charles Whitfield,2010-01-01 Dr Whitfield provides a clear and effective introduction to the basic principles of recovery This book is a modern classic as fresh and useful today as it was more than a decade ago when first published Here frontline physician and therapist Charles Whitfield describes the process of wounding that the Child Within True Self experiences and shows how to differentiate the True Self from the false self He also describes the core issues of recovery and more Other writings on this topic have come and gone while Healing the Child Within has remained a strong introduction to recognizing and healing from the painful effects of childhood trauma Highly recommended by therapists and survivors of trauma

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**A Gift to Myself** Charles Whitfield,2010-01-01 This is a gentle and effective workbook and guide to Healing the Child Within It can be used with or without having already read Healing the Child Within Using numerous experiential exercises that the reader can do at their own pace physician and author Charles Whitfield takes us on a healing journey into our inner and outer life Once a reader starts this book the healing process begins even if they rarely do any of its exercises One of the highlights of this book is the clear description of age regression one of the most crucial concepts in healing and recovery

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*Co-Dependence Healing the Human Condition* Charles Whitfield,2010-01-01 Of all the books on the often misunderstood concept of co dependence this is probably the clearest most complete and informative Charles Whitfield is a frontline clinician who has been assisting co dependents in their healing for over twenty years He has researched the literature on co dependence which he summarizes in this widely read book He sees co dependence as a way to more accurately describe the painful and confusing part of the human condition In careful detail he describes just what co dependence is and what it is not how it comes about and how to heal its painful aftereffects

**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

**My Recovery** Charles L. Whitfield,2003-08-31 To get somewhere it is useful to know where you are going This can be especially difficult for people struggling with issues of addiction compulsion physical or mental illness In this simple yet effective three part program best selling author Charles Whitfield helps readers chart their own treatment plan and find a way out of the often confusing vortex of recovery work Through illustrative charts and graphics he shows readers how to write their own recovery plan including how to identify core issues and how to integrate those issues into a personalized plan Stage one helps readers identify the illness or condition that plagues them and explains how recovery truly is within reach of those who participate in a full recovery program Stage two explains how healing requires the reader to consider their adult child of trauma issues such as co dependence It describes the way out of the pain and confusion learning self awareness self acceptance self responsibility and self reflection Stage three addresses more keys to success including having a healthy and nourishing spirituality and learning to live in the present moment no longer burdened by the past or fearing the future My Recovery Plan is an empowering book it will give readers hope and instill the knowledge that they can indeed recover

*Outgrowing the Pain* Eliana Gil,2009-07-22 Anyone who had a troubled childhood ought to read this book Anne H Cohn D P H Executive Director National Committee for Prevention of Child Abuse Do you have trouble finding friends lovers acquaintances Once you find them do they dump on you take advantage of you or leave Are you in a relationship you know isn t good for you Are you still trying to figure out what you want to do when you grow up Are you drinking too much eating too much or trying to numb your pain with drugs of any kind These are just a few of the problems abused children experience when they become adults You may not realize you were abused You may think your parents didn t mean it didn t know better or that others had it much worse You may not even have made the connection between the past and your current problems Outgrowing the Pain is an important book for any adult who was abused or neglected in childhood It s an important book for professionals who help others It s a book of questions that can pinpoint and illuminate destructive patterns The answers you discover can lead to a life filled with new insight hope and love The best book available to help survivors cope and understand Dan Sexton Director Childhelp s National Abuse Hotline An invaluable aid for adult survivors of child abuse Suzanne M Sgroi M D Executive Director New England Clinical Associates

**Boundaries and Relationships** Charles Whitfield,2010-01-01 More than personal boundaries this book is really about relationships healthy and unhealthy ones Here bestselling author and psychotherapist Charles Whitfield blends theories and dynamics from several disciplines into practical knowledge and actions that you can use in your relationships right now This comprehensive book opens with clear definitions and descriptions of boundaries a self assessment survey and a history of our accumulated knowledge Going deeper it describes the 10 essential areas of human interaction wherein you can improve your relationships These include age regression giving and receiving projection and projective identification triangles core recovery issues basic dynamics unfinished business and spirituality It shows in countless practical ways how knowledge of each of these is most useful in your recovery and everyday life

*YOUR INNER CHILD OF THE PAST* W Missildine,1991-09-01

**Recovery of Your Inner Child** Lucia Capacchione,1991-03-15 Recovery of Your Inner Child is the only book that shows how to have a firsthand experience with the Inner Child actually feeling its emotions and recapturing its dominant hand Expanding on the technique she introduced in *The Power of Your Other Hand* Dr Capacchione shares scores of hands on activities that will help readers to re parent their vulnerable Inner Child and heal their lives

*Choosing God* Charles L. Whitfield,2010-06-01 For spiritual seekers people in recovery those in twelve step fellowships near death experiencers agnostics atheists and the religious and spiritually curious T p

*Wisdom to Know the Difference* Charles L. Whitfield,2012-04-01 *Wisdom to Know the Difference* This book addresses in detail these common Core Issues in Relationships Recovery and Living how they come about and choices and solutions to use them to your advantage heal and experience peace Needing to be in control Difficulty trusting Difficulty being real How to handle feelings Low self esteem shame Dependence versus Independence Fear of abandonment All or none thinking and behaving High tolerance for inappropriate behavior Over responsibility for others Neglecting my own needs Grieving my ungrieved hurts losses and traumas Difficulty resolving conflict Difficulty giving and receiving love Based on over 35 years of clinical experience assisting people with addictions trauma survivors and people with various problems in living Dr Whitfield describes how to identify and handle each core issue Dr Whitfield lives and practices in Atlanta GA He has been voted by his peers since 1993 as one of the Best Doctors in America and has been a guest researcher and consultant at the CDC since 1998

**Not Crazy** Charles L. Whitfield,2011-01-01 Psychiatry today is not as advertised as bestselling author Charles Whitfield describes in this scientifically accurate new book It exposes the pseudo science behind modern biological psychiatry that misdiagnoses people who have painful emotional psychological and behavioral symptoms as being mentally ill and then mistreats them with toxic psychiatric drugs that don't work well or make them worse Dr Whitfield blows the whistle on and names the culprits that promote bio psychiatry for profit and control and explains why and how to avoid their mind and body manipulations Most of these culprits are the Bigs which include Big Pharma Big Government Big Insurance Big Academia and Big Professional groups as the American Psychiatric Association American Medical Association and the National Alliance on Mental Illness Each of the Bigs promotes and supports the misdiagnosis and mistreatment of what they call mental illness which Dr Whitfield documents is instead the painful effects of repeated childhood and later trauma which he explains in some detail Throughout he describes how this major problem has developed and how to heal from it

*Parent Yourself Again: Love Yourself the Way You Have Always Wanted to Be Loved* Yong Kang Chan,2018-07-20

**A Gift to Myself** Charles Whitfield,1990-01-01 This is a gentle and effective workbook and guide to Healing the Child Within It can be used with or without having already read Healing the Child Within Using numerous experiential exercises that the reader can do at their own pace physician and author Charles Whitfield takes us on a healing journey into our inner and outer life Once a reader starts this book the healing process begins even if they rarely do any of its exercises One of the highlights of this book is the clear description of age regression one of the most crucial concepts in healing and recovery

*Healing Your Family Tree* Beverly Hubble Tauke,2012-08-27 Every family has relational habits both positive and negative that have been passed down from generation to generation Experienced counselor Beverly Hubble Tauke cites real life stories and suggests specific transforming practices to change family patterns By putting an end to the cycle of negativity families can find the joy that God intended for them and enjoy healthy relationships for generations to come This is a repackaged with new title previous title Overcoming the Sins of the Family 2004

**Archetype** Anthony Stevens,2013-04-15 Commonly dismissed as mystical by scientists archetypes were described by Jung as biological entities which have evolved through natural selection and which if they exist at all must be amenable to empirical study Anthony Stevens has discovered the key to opening up this long ignored scientific approach to the archetype

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