



# Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress

By Elizabeth G. Vermilyea

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Growing Beyond Survival is a self-management workbook, which teaches skills that empower survivors to take control of and de-escalate their most distressing trauma related symptoms. Developed with input from survivor advocates in Maine, New York, and Maryland, and with the support of the Departments of Mental Health in the states of Maine and New York, this self-help toolkit is both comprehensive and flexible. This versatile workbook can be used as an independent self-help program, in the context of individual therapy, or in a group setting. It teaches trauma survivors to recognize, contextualize, and understand distressing dissociative and posttraumatic reactions. It also creates a structure in which to learn and practice skills for self-regulation of the troublesome thoughts, feelings, and impulses related to traumatic experiences. Rather than simply offering "band aid"-type crisis intervention, this self-paced program empowers survivors with an understanding of where the symptoms come from and why. By learning a variety of interventions, skills, and techniques, survivors are able to select and make use of different "tools" for different self-regulation purposes.

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**Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress** By Elizabeth G. Vermilyea **Bibliography**

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### **Editorial Review**

#### **Review**

"Elizabeth Vermilyea offers trauma survivors a wealth of practical coping strategies in the context of a clinically sound rationale. Growing Beyond Survival integrates concrete techniques for regulating emotions into a systematic approach for enhancing self-awareness. The book's encouraging and supportive tone gives survivors much-needed permission to engage in self-care. Trauma therapists also will find the book a useful resource from which they can glean many tips for helping their clients with self-regulation." --Jon G. Allen, Ph.D., Helen Malsin Palley Chair in Mental Health Research, The Menninger Clinic Immediate Past Editor, Bulletin of the Menninger Clinic

"I plan to use Growing Beyond Survival in conjunction with my own therapy. My therapist has also reviewed the book and said it would be an excellent companion in our work together. Although some of these skills are not new to me, I have only seen or heard of them piecemeal. I look forward to using them to aid my healing process. I'd like to thank Elizabeth Vermilyea and Sidran for giving survivors such important tools for healing." --K W, Maine

#### **About the Author**

Growing Beyond Survival was developed in part and extensively field tested at Trauma Disorders Programs at Sheppard Pratt Hospital in Baltimore. The author, Elizabeth Vermilyea, led symptom management groups at Sheppard Pratt for several years. She currently provides training for Sidran Institute on topics related to traumatic stress.

### **Users Review**

#### **From reader reviews:**

##### **Freddie Patton:**

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##### **Kenneth Sisk:**

Typically the book Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress has a lot associated with on it. So when you make sure to read this book you can get a lot of gain. The book was published by the very famous author. The author makes some research prior to write this book. This kind of book very easy to read you can get the point easily after scanning this book.

**Ezra Talbott:**

This Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress is great publication for you because the content which is full of information for you who have always deal with world and have to make decision every minute. This particular book reveal it data accurately using great manage word or we can declare no rambling sentences in it. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only provides you with straight forward sentences but difficult core information with beautiful delivering sentences. Having Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress in your hand like having the world in your arm, data in it is not ridiculous one particular. We can say that no e-book that offer you world throughout ten or fifteen moment right but this book already do that. So , this is certainly good reading book. Heya Mr. and Mrs. stressful do you still doubt in which?

**Mary Jacobs:**

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