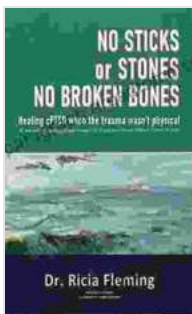


Non Physically Assaultive Attachment Based Chronic Covert Trauma: A Guide to Understanding and Healing

What is Covert Trauma?

Covert trauma is a type of trauma that is not caused by physical violence but instead by emotional and psychological abuse. This type of trauma can be just as damaging as physical trauma, and it can have a lasting impact on a person's mental and emotional health.



No Sticks or Stones No Broken Bones: Healing cPTSD when the trauma wasn't physical; It was naCCT: Non-physically-assaultive, attachment-based Chronic Covert Trauma by Ricia Fleming

★★★★★ 5 out of 5

Language : English
File size : 1353 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 303 pages
Lending : Enabled
Screen Reader : Supported



Covert trauma can take many different forms, including:

- Emotional abuse

- Psychological abuse
- Gaslighting
- Manipulation
- Neglect
- Attachment trauma

Covert trauma can be difficult to recognize, because it often occurs in subtle ways. However, there are some common signs and symptoms of covert trauma, including:

- Difficulty trusting others
- Low self-esteem
- Feeling like you are always on edge
- Difficulty concentrating
- Flashbacks or nightmares
- Avoidance of certain people or situations
- Self-destructive behaviors

The Impact of Covert Trauma

Covert trauma can have a significant impact on a person's mental and emotional health. This type of trauma can lead to:

- Depression
- Anxiety

- Post-traumatic stress disorder (PTSD)
- Substance abuse
- Eating disorders
- Relationship problems
- Work problems

Covert trauma can also have a negative impact on a person's physical health. This type of trauma can lead to:

- Chronic pain
- Fatigue
- Headaches
- Stomach problems
- Heart problems

Healing from Covert Trauma

Healing from covert trauma is possible, but it takes time and effort. There are a number of things that you can do to help yourself heal from covert trauma, including:

- Educate yourself about covert trauma
- Find a therapist who specializes in trauma
- Join a support group
- Practice self-care

- Build a strong support system

Healing from covert trauma is a journey, but it is possible to heal and to build a happy, healthy life.

Non Physically Assaultive Attachment Based Chronic Covert Trauma: A Guide to Understanding and Healing

Non Physically Assaultive Attachment Based Chronic Covert Trauma is a book that explores the hidden epidemic of covert trauma. This book provides readers with the tools and resources they need to understand and heal from covert trauma, and to build healthy, fulfilling relationships.

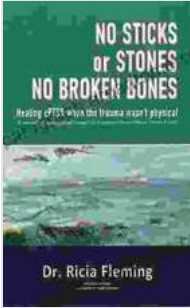
This book is written by a team of experts on covert trauma, including Dr. Jennifer Freyd, Dr. Bessel van der Kolk, and Dr. Pat Ogden. These experts provide readers with a comprehensive understanding of covert trauma, its causes, and its effects.

Non Physically Assaultive Attachment Based Chronic Covert Trauma is an essential resource for anyone who is struggling with the effects of covert trauma. This book provides readers with the knowledge and tools they need to heal from covert trauma and to build a happy, healthy life.

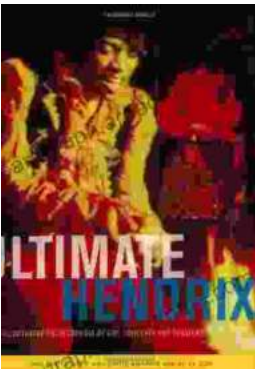
To learn more about Non Physically Assaultive Attachment Based Chronic Covert Trauma, visit the book's website at www.nonphysicallyassa

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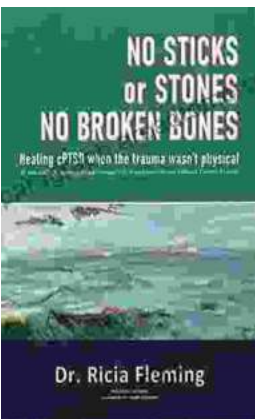


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