



Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing

By Lisa Ferentz

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Letting Go of Self-Destructive Behaviors offers inspiring, hopeful, creative resources for the millions of male and female adolescents and adults who struggle with eating disorders, addictions, any form of self-mutilation. It is also a workbook for the clinicians who treat them. Using journaling exercises, drawing and collaging prompts, guided imagery, visualizations, and other behavioral techniques, readers will learn how to understand, compassionately work with, and heal from their behaviors rather than distracting from or fighting against them, which can dramatically reduce internal conflict and instill genuine hope. Techniques are provided in easy-to-follow exercises that focus on calming the body, containing overwhelming emotions, managing negative and distorted thoughts, re-grounding from flashbacks, addressing tension and anxiety, decreasing a sense of vulnerability, strengthening assertiveness and communication skills, and accessing inner wisdom.

This workbook can be used in conjunction with *Treating Self-Destructive Behaviors in Trauma Survivors, 2nd ed*, also by Lisa Ferentz, to allow therapists and their clients to approach the behaviors from the same strengths-based perspective. Workbook exercises can be completed as homework assignments or as part of a therapy session. In either case, the client is given the opportunity to process their work and share their insights with a compassionate witness and trained professional, making the healing journey even safer and more rewarding.

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Bibliography

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Editorial Review

Review

"This is a book for anyone who has had a rocky start in life and is ready to stop turning that neglect and abuse in on themselves. The exercises in *Letting Go of Self-Destructive Behaviors* will help you and your therapist navigate the rough terrain from self-inflicted pain to healthy self-soothing. Lisa Ferentz provides a manual of exercises for the journey from self-harm to self-care, and it's essential reading. Even if you have experienced a good reason not to trust a therapist, Lisa Ferentz will win you over with her compassionate, non-judging and wise approach to putting you—not your overwhelming feelings or the strategies you use to numb them out—in the driver's seat. After reading about Lisa Ferentz's calm acceptance of her clients' 'secrets,' and the ways in which they, in their own words, begin to let go of shame and change their behavior, you will be inspired to work with a therapist who can help you."

Amy Weintraub is the author of *Yoga Skills for Therapists* and *Yoga for Depression* and is the founder of the LifeForce Yoga Healing Institute

"Trauma survivors and their therapists will be grateful to Lisa Ferentz for this rich resource, which helps empower the client and facilitate recovery with concrete exercises that identify triggers, teach new self-soothing strategies, and interrupt the cycle of self-destructive behaviors. Even seasoned therapists can learn new metaphors, breathing exercises, and self-help tools that will enrich their practices. Survivors will especially appreciate the respectful and honest tone, which validates feelings while gently offering concrete alternative behaviors. I have used Lisa Ferentz's Caress model for interrupting self-destructive behavior in my own practice and trainings, and this book will allow this powerful set of tools to be accessible more widely. I highly recommend that trauma therapists and their clients take advantage of this accessible, well-written, and valuable new resource."

Joyanna Silberg, PhD, is the author of *The Child Survivor: Healing Developmental Trauma and Dissociation*

"In *Letting Go of Self-Destructive Behaviors*, Lisa Ferentz has achieved something no other workbook has attempted: addressing the relationship between trauma and a broad spectrum of self-destructive behaviors, covering not only self-harm and suicidality but also addictions and eating disorders. In simple, compassionate language, she guides the reader step by step toward establishing new, healthier patterns of regulating unbearable feelings and memories. This is a book for self-healing, not just behavior management."

Janina Fisher, PhD, is coauthor of *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment* and *Healing the Fragmented Selves of Trauma Survivors*

"This workbook is a real treasure trove of tools for healing. I am deeply impressed by the range of exercises Lisa Ferentz has created, offering a path to healing that honors the client's intelligence and capacity for letting go of toxic beliefs, self-defeating stories, and behaviors that are no longer useful. Building on her extensive clinical experience and her compassionate belief in the client's capabilities for self-healing, Ferentz has created a workbook that can change the lives of countless women, men, adolescents, and greatly

enhance the work of clinicians."

?**Dusty Miller** is the author of *Women Who Hurt Themselves: A Book of Hope and Understanding*

"This is an affirming book. When so much of self-harming behavior is cloaked in shame and can stem from a feeling of powerlessness, Ferentz offers wisdom. "[Y]ou have power and you have choice," she writes. "You can choose to communicate and self-soothe in ways that are destructive or in ways that are truly effective and healing. This is yours to choose and it will always be your choice."

For therapists, the book offers a rich selection of exercises to use with clients. And for those suffering from self-destructive behaviors themselves, Ferentz can help you develop a better understanding of patterns and move you toward recovery."

?**Megan Riddle**, *Psychcentral.com*

About the Author

Lisa Ferentz, LCSW-C, is the president and founder of the Institute for Advanced Psychotherapy Training and Education, which provides continuing education to mental health professionals. She was named "Social Worker of the Year" by the Maryland Society for Clinical Social Work in 2009 and has been in solo private practice specializing in trauma for 30 years.

Users Review

From reader reviews:

Marcus Casale:

Do you among people who can't read pleasant if the sentence chained inside the straightway, hold on guys that aren't like that. This Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing book is readable through you who hate the perfect word style. You will find the data here are arrange for enjoyable looking at experience without leaving also decrease the knowledge that want to deliver to you. The writer associated with Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing content conveys the thought easily to understand by lots of people. The printed and e-book are not different in the content material but it just different available as it. So , do you still thinking Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing is not loveable to be your top record reading book?

Sherry Hansen:

The book untitled Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing contain a lot of information on it. The writer explains the woman idea with easy method. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read the idea. The book was written by famous author. The author will take you in the new period of literary works. It is easy to read this book because you can please read on your smart phone, or product, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and order it. Have a nice read.

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Sandra Forester:

Is it anyone who having spare time after that spend it whole day simply by watching television programs or just resting on the bed? Do you need something totally new? This Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing can be the reply, oh how comes? A fresh book you know. You are so out of date, spending your spare time by reading in this completely new era is common not a geek activity. So what these publications have than the others?

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