



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

By Elizabeth G. Vermilyea

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

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:**

##### **Sandra McLean:**

Reading a book for being new life style in this 12 months; every people loves to study a book. When you learn a book you can get a lot of benefit. When you read publications, you can improve your knowledge, due to the fact book has a lot of information in it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your study, you can read education books, but if you want to entertain yourself look for a fiction books, these kinds of us novel, comics, in addition to soon. The Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress provide you with a new experience in looking at a book.

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**Amy Arwood:**

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