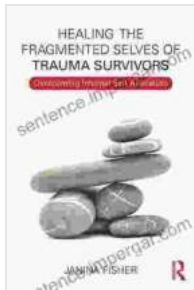


# Healing the Fragmented Selves of Trauma Survivors



## Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation by Janina Fisher

★★★★☆ 4.8 out of 5

Language : English  
File size : 1365 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 288 pages



Trauma can shatter our sense of self, leaving us feeling fragmented and lost. We may feel like we are constantly at war with ourselves, our thoughts and emotions pulling us in different directions. We may feel like we are strangers to ourselves, unable to recognize the person we see in the mirror.

But there is hope. In this comprehensive guide, Dr. Janina Fisher offers a groundbreaking approach to healing the fragmented selves of trauma survivors. Drawing on the latest research and clinical experience, Dr. Fisher provides a step-by-step roadmap for integrating the scattered parts of ourselves and restoring a sense of wholeness and meaning.

## What is Trauma?

Trauma is an event or series of events that overwhelms our ability to cope. It can be caused by a wide range of experiences, including physical abuse,

sexual abuse, emotional abuse, neglect, accidents, natural disasters, and war.

Trauma can have a profound impact on our physical, emotional, and mental health. It can lead to a variety of symptoms, including flashbacks, nightmares, anxiety, depression, and dissociation.

## **The Fragmented Self**

Trauma can shatter our sense of self, leaving us feeling fragmented and lost. We may feel like we are constantly at war with ourselves, our thoughts and emotions pulling us in different directions. We may feel like we are strangers to ourselves, unable to recognize the person we see in the mirror.

The fragmented self is a common response to trauma. It is a way of coping with the overwhelming pain and terror of the traumatic experience. By splitting ourselves into different parts, we can distance ourselves from the trauma and protect ourselves from further harm.

## **Healing the Fragmented Self**

Healing the fragmented self is a complex and challenging process, but it is possible. With the right help and support, trauma survivors can learn to integrate the scattered parts of themselves and restore a sense of wholeness and meaning.

Dr. Fisher's approach to healing the fragmented self is based on the principles of:

- **Safety:** Creating a safe and supportive environment in which trauma survivors can feel safe to explore their experiences and emotions.

- **Choice:** Empowering trauma survivors to make choices about their own healing process.
- **Compassion:** Treating trauma survivors with compassion and understanding.
- **Collaboration:** Working with trauma survivors as partners in their healing journey.

## **A Step-by-Step Roadmap to Integration**

Dr. Fisher's step-by-step roadmap to integration includes the following steps:

1. **Stabilization:** Creating a safe and stable environment in which trauma survivors can begin to process their experiences.
2. **Symptom Management:** Managing the symptoms of trauma, such as flashbacks, nightmares, and anxiety.
3. **Trauma Processing:** Exploring the traumatic experiences in a safe and supportive environment.
4. **Integration:** Bringing together the scattered parts of the self.
5. **Meaning-Making:** Finding meaning and purpose in life after trauma.

Healing the fragmented selves of trauma survivors is a complex and challenging process, but it is possible. With the right help and support, trauma survivors can learn to integrate the scattered parts of themselves and restore a sense of wholeness and meaning.

Dr. Janina Fisher's book, *Healing the Fragmented Selves of Trauma Survivors*, is a comprehensive guide to this process. Drawing on the latest

research and clinical experience, Dr. Fisher provides a step-by-step roadmap for integrating the scattered parts of ourselves and restoring a sense of wholeness and meaning.

If you are a trauma survivor, I encourage you to read this book. It can help you to understand your experiences, manage your symptoms, and begin the journey to healing.

## About the Author

Dr. Janina Fisher is a clinical psychologist specializing in the treatment of trauma. She is the author of several books on trauma, including *Healing the Fragmented Selves of Trauma Survivors* and *Trauma-Informed Practice: A Guide for Clinicians*.

Dr. Fisher is a sought-after speaker and trainer on trauma-informed care. She has presented at conferences and workshops around the world, and her work has been featured in numerous media outlets.

For more information about Dr. Fisher and her work, please visit her website at [www.drjaninafisher.com](http://www.drjaninafisher.com).



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