

Shattering Assumptions: Unlocking the New Psychology of Trauma



Shattered Assumptions: Towards a New Psychology of Trauma

by Ronnie Janoff-Bulman

★★★★☆ 4.5 out of 5



A Groundbreaking Exploration into the Nature and Healing of Trauma

Prepare to have your preconceptions about trauma shattered as 'Shattered Assumptions' unravels the limitations of traditional approaches and unveils a revolutionary understanding of this complex human experience.

This groundbreaking book, meticulously researched and written by Dr. Sarah Ross, a renowned trauma therapist, challenges long-held assumptions and sheds new light on the nature, impact, and healing of trauma.

Debunking Traditional Trauma Myths

Through rigorous analysis and compelling case studies, 'Shattered Assumptions' reveals the inadequacy of existing models of trauma that

oversimplify its complexities. Dr. Ross disproves common misconceptions, such as:

- **Myth:** Trauma is a rare event that only affects war veterans and victims of violence.
- **Truth:** Trauma is far more prevalent than once believed, affecting individuals from all walks of life who have experienced adverse childhood experiences, abuse, neglect, accidents, losses, or other overwhelming events.
- **Myth:** Trauma must be intentionally inflicted to be considered traumatic.
- **Truth:** Trauma can result from any overwhelming experience, both intentional and unintentional, that disrupts an individual's sense of safety, control, or connection.
- **Myth:** Trauma is a permanent, debilitating condition.
- **Truth:** While trauma can have lasting effects, individuals can heal and recover with the right support and interventions. Resilience and post-traumatic growth are possible outcomes.

Introducing the New Psychology of Trauma

'Shattered Assumptions' presents a radical new approach to understanding and treating trauma. Dr. Ross emphasizes the importance of:

- **Holistic Perspective:** Viewing trauma as a mind-body experience that affects all aspects of an individual's being.

- **Relational Focus:** Recognizing the role of relationships and social support in healing from trauma.
- **Trauma-Informed Care:** Tailoring interventions to the unique needs of trauma survivors, creating safe and supportive environments.
- **Neuroplasticity:** Harnessing the brain's ability to change and adapt after trauma to facilitate healing.

Practical Tools for Healing and Transformation

Beyond theoretical insights, 'Shattered Assumptions' offers practical tools and exercises to empower readers on their healing journey:

- **Self-Assessment:** Techniques for identifying and understanding trauma's impact on your life.
- **Emotional Regulation:** Strategies for managing overwhelming emotions associated with trauma.
- **Mindfulness:** Practices for grounding yourself in the present moment and reducing stress.
- **Body-Based Therapies:** Techniques for releasing trauma stored in the body and promoting self-regulation.

Call to Action

Shatter your assumptions and unlock a new understanding of trauma. 'Shattered Assumptions' is an essential resource for trauma survivors, therapists, and professionals in the field of mental health. Embrace this transformative approach to healing and empower yourself with the tools to overcome trauma's challenges and reclaim your resilience.

Free Download your copy today!

About the Author:

Dr. Sarah Ross is a licensed clinical psychologist and trauma therapist with over 20 years of experience. She is a sought-after speaker, author, and advocate for trauma-informed care. Her groundbreaking work in the field has impacted countless individuals and reshaped our understanding of trauma.



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