

### Are the 12 steps outdated if I am a survivor of trauma?

Criticism of 12-step recovery is nothing new. Programs using the 12 steps get a bad rap for being too "one size fits all" or not applicable to individuals struggling with issues beyond the scope of simple alcoholism or addiction, especially issues surrounding traumatic stress. *Trauma and the Twelve Steps: A Complete Guide to Enhancing Recovery* takes the posture that there is nothing wrong with using 12-step recovery principles in treatment or in continuing care with individuals who are affected by trauma. However, this book also explains how rigid applications of 12-step principles can do more harm than good for a traumatized person, and that learning some simple accommodations based on the latest knowledge of traumatic stress can enhance 12-step recovery experiences for trauma survivors. Written for professionals, sponsors, and those in a position to teach out and help recovering addicts, the user-friendly language in this book will teach you how to unify the traditional knowledge of 12-step recovery with the latest findings on healing trauma. In doing so, you will be able to help others, and maybe even yourself, "work a recovery" program like never before.

*"At last, someone has thoughtfully and intelligently recorded the practical wisdom of the 12 steps with best practices for posttraumatic stress. In Trauma and the Twelve Steps, Jamie Marich tosses aside the rigid orthodoxies that have hampered both fields and delivers - in beautiful, eminently readable English - a coherent treatment approach that is sure to maximize sobriety and healing."*

—Belle Ruth Naparstek, LCSW, BCD  
Author of *Invisible Heroes: Survivors of Trauma and How They Heal*; creator of the *Health Journeys* guided imagery audio series

*It's critically important for people in 12-step based-treatment to keep trauma in mind and not re-traumatize people with coercive practices like forced 4th and 5th steps or misguided ideas that addiction has nothing to do with trauma. I support these efforts, promoted in Dr. Marich's work, to help those whose choice of recovery paths is within the 12-step framework.*

—Mia Szalavitz, Journalist and best-selling author of *Born for Love* and *The Boy Who Was Raised as a Dog*



Dr. Jamie Marich travels the country training helping professionals on a variety of topics related to trauma and addiction while still maintaining a trauma-focused private practice at PsyCare, Inc. in Youngstown, OH. Jamie began her career in social services while working in humanitarian aid after the Bosnian war. Jamie is a contributing faculty member with several universities, and she is also involved in the performing and healing arts as a recording singer-songwriter and conscious dance facilitator. Jamie is an award-winning researcher and contributor to peer reviewed publications. Her first book, *EMDR Made Simple: Four Approaches for Using EMDR with Every Client* continued her body of published work on EMDR therapy. Read more about Jamie on her websites, [www.jamieamarich.com](http://www.jamieamarich.com) and [www.drjamieamarich.com](http://www.drjamieamarich.com).



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## Trauma and the Twelve Steps: A Complete Guide For Enhancing Recovery



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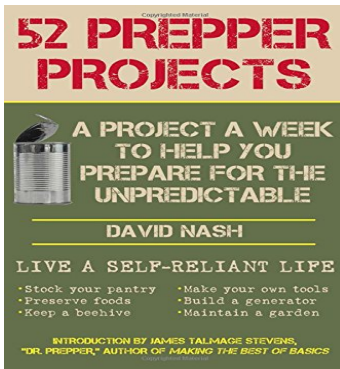
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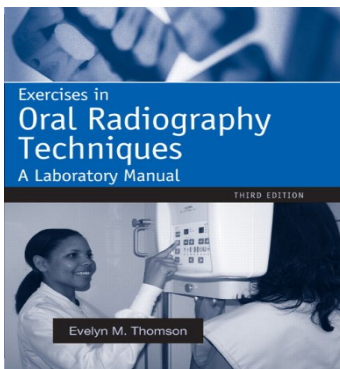
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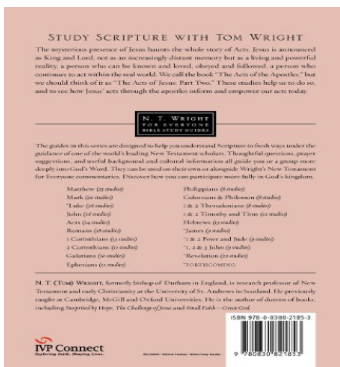
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What others say about this ebook:

**Review 1:**

Very helpful, explains why 12 steps works, and why one can get hung up on the 'day at a time' practice while dealing with PTSD.

**Review 2:**

Great book. Well written.

**Review 3:**

As a recovering addict and a PTSD survivor, I found Marich's **TRAUMA AND THE TWELVE STEPS** a humane and creative guide that will help 12-step sponsors, mental health providers and even lay counselors better treat those in recovery who also suffer from trauma. As Marich explains, trauma and addiction is often co-morbid, and the first order of business in treating a trauma survivor who is attempting 12-step recovery is to ensure her safety and security. Marich does a fantastic job explaining the unique struggles trauma survivors face when undergoing the recovery process. And with a wealth of data, research, and case studies, Marich provides a toolbox of methods that will ultimately benefit those in recovery from both addiction and abuse.

I recommend this highly.

E.L. Farris

**Review 4:**

I am a therapist working with recovering addicts and alcoholics, and this is an invaluable resource. A good addition to my library.

**Review 5:**

With so much governmental (SAMHSA) focus on trauma based therapy this book is priceless in integrating a trauma focus into traditional Minnesota Model Twelve Step Chemical Dependency Treatment

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