



Outsmarting the Riptide of Domestic Violence: Metaphor and Mindfulness for Change

Pat Pernicano

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In *Outsmarting the Riptide of Domestic Violence: Metaphor and Mindfulness for Change*, Pat Pernicano translates issues central to domestic violence recovery into metaphorical stories and mindfulness narratives that will facilitate the change process. The stories are intended to be used in conjunction with trauma-focused interventions in order to reduce troubling symptoms, address risk and relapse-potential, change relational patterns, and remediate attachment deficits. Pernicano provides practitioners with a needed bridge between theory and practice, a one-of-a-kind resource for therapists, counselors, and social workers who aid victims of domestic violence.

Pernicano's book is organized according to the Transtheoretical Stages of Change Model and includes stories within each section to facilitate the change process in the individual while using TF-CBT PRACTICE elements: Psycho-education about domestic violence and trauma, Relaxation (and stress reduction), Affective expression and regulation, Cognitive restructuring, Trauma narrative development and processing, In vivo exposure to avoided situations, Conjoint sessions with children, and Enhancing future safety and healthy relationship development.

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From reader reviews:

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This Outsmarting the Riptide of Domestic Violence: Metaphor and Mindfulness for Change book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is information inside this guide incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This particular Outsmarting the Riptide of Domestic Violence: Metaphor and Mindfulness for Change without we comprehend teach the one who studying it become critical in thinking and analyzing. Don't become worry Outsmarting the Riptide of Domestic Violence: Metaphor and Mindfulness for Change can bring once you are and not make your carrier space or bookshelves' turn into full because you can have it in your lovely laptop even telephone. This Outsmarting the Riptide of Domestic Violence: Metaphor and Mindfulness for Change having fine arrangement in word as well as layout, so you will not truly feel uninterested in reading.

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