



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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