

HEALING TOGETHER

A Couple's Guide to Coping with Trauma & Post-Traumatic Stress

SUZANNE B. PHILLIPS, PSY.D., ABPP & DIANNE KANE, DSW.

Over half of all Americans report that they have experienced at least one trauma in their lives, and, on average, nearly 10 percent of Americans reports four or more traumas. A majority of these people will have a significant other in their lives, who is affected by their trauma or has experienced it with them.

Trauma can affect an intimate relationship in many ways. The fear, distrust, and alienation that trauma survivors often feel has an obvious affect on any close relationship, but especially the relationship to their partner or spouse. Insomnia, nightmares, changes in drinking or drug use, anxiety, depression, changes in communication, loss of interest in sex, and an increase in hostility and anger can all combine to make the partner of the trauma survivor feel pushed away, attacked, or confused. If both partners experienced the trauma, it can be difficult for the partners to support each other in healing when they are struggling with their own loss or grief.

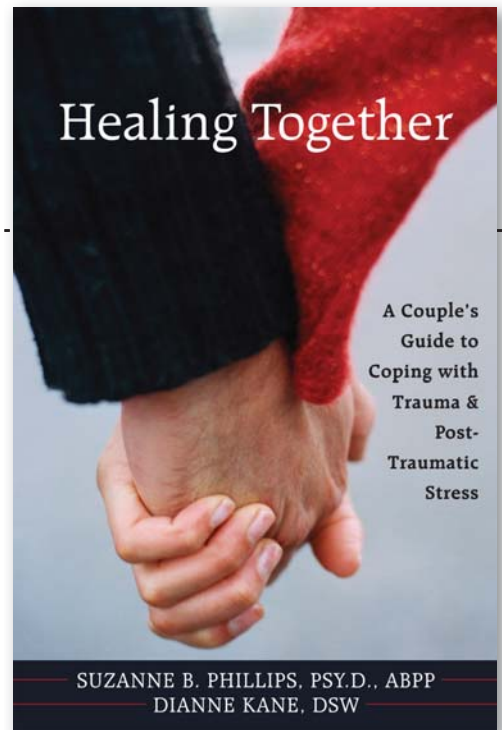
This book is targeted to the couple where either one or both of the partners have experienced recent trauma, and encourages couples to see their relationship as one of the strongest resources at their disposal in healing from the trauma.

The book will offer practical, step-by-step tools, and cover the following topics:

- Establishing a safe and compassionate space to heal
- Communicating about needs
- Coping with loss and grief
- Recapturing lost intimacy
- Fighting, disagreements, and anger
- Coping with trauma memories/PTSD
- Rebuilding trust and teamwork
- Building resilience as a couple

"Healing Together is an essential resource for couples whose lives and relationships have been affected by traumatic experience.... This is by far the best guide I've seen for couples affected by trauma and post-traumatic stress."

—VINCENT E. HENRY, CPP, PHD, Associate Professor and Director
Homeland Security Management Institute, Long Island University
Author of *Death Work: Police, Trauma and the Psychology of Survival*



FOR AN INTERVIEW REQUEST or
MORE INFORMATION CONTACT:

Adia Colar 510-652-0215, ext. 107
adia@newharbinger.com

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PHOTO BY KEVIN J. PHILLIPS

About the Authors



“.... A must-read for military and veteran couples and any couples or partners who have experienced the pain of trauma, loss, or disaster—all too many of us.”

—PAULINE BOSS,

author of *Loss, Trauma and Resilience and Ambiguous Loss*

“This book is an invaluable resource that will help couples face their traumas together.”

—SUE JOHNSON, PH.D.,

Professor of psychology at University of Ottawa
author of *Hold Me Tight*

SUZANNE B. PHILLIPS, PSY.D., ABPP is a licensed psychologist. She is Adjunct Professor of Clinical Psychology in the Doctoral Program of Long Island University and on the faculty of the Post-Doctoral Programs of the Derner Institute of Adelphi University. As a psychologist she has worked with couples for over 25 years and in the aftermath of trauma has provided direct service to civilians and uniformed responders, trained other professionals, published on bereavement, trauma, uniformed services and couples. In February 2008, she testified for the needs of military and their families before Congress. Dr. Phillips is a Diplomat in Group Psychology and serves as Co-Chair of the Community Outreach task force of the American Group Psychotherapy Association.

DIANNE KANE, DSW. is a licensed clinical social worker and certified group psychotherapist. She is an Adjunct Professor at Hunter College School of Social Work and the Assistant Director of the Counseling Service Unit of the Fire Department of New York. She has been involved in the development and delivery of employee assistance and trauma-related services to uniform personnel in NYC since 1994. She has also provided services to members of the New Orleans Fire Department following Hurricane Katrina and to FDNY veterans deployed to Iraq and Afghanistan. She has served as a consultant to numerous organizations following critical incidents and during periods of reorganization. Dr. Kane is a Certified Group Psychotherapist and serves on the Community Outreach task force of the American Group Psychotherapy Association.

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