

Your Surviving Spirit

A Spiritual Workbook for Coping with Trauma

Dusty Miller, ED.D.

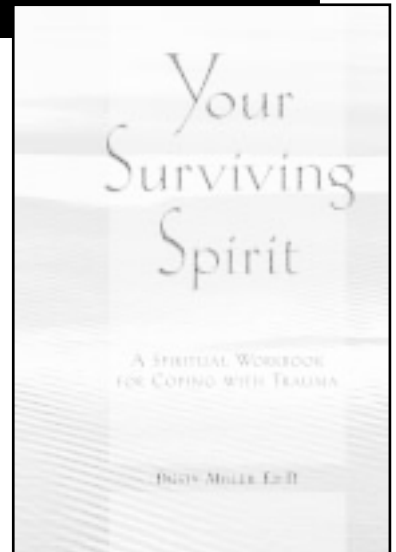
FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
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FOR IMMEDIATE RELEASE

Anyone who's experienced a trauma—from an act of terrorism to a car crash—knows that its legacy is profound. Loss of trust, fear, and sadness typically linger long after the event and the traumatic episode can easily become the defining experience in one's life. Survivors are left with the task of finding new meaning, healing their spirit, and coming to understand that they are more than their trauma.

In *Your Surviving Spirit*, clinical psychologist Dusty Miller shows readers how to develop spiritual resiliency and use their pain and despair to create a richer spiritual life. A variety of traumatic experiences are discussed, from childhood abuse, neglect, and loss to more current traumatic situations. Common responses to the impact of trauma illustrated in numerous case studies exemplify the process of transformation.

Your Surviving Spirit includes numerous fill-ins, questionnaires, and interactive exercises that keep readers focused and engaged in their own recovery. The author guides readers through skills-building exercises, journal-writing activities, and the creation of their own stories and affirmations. She then shows them how to identify the ways in which trauma has impacted their lives—mind, body, and spirit—and specific ways they can heal on each level of experience.



THE FACTS

- *Your Surviving Spirit* is based on a proven model developed by the author, Dusty Miller, which is structured to address key issues linked to trauma and its impact on mind, body, and spirit.
- Miller's model is known and used within the professional psychology community.
- In 2001 there were 1,436,611 reported cases of violent crime.

YOUR SURVIVING SPIRIT, 1-57224-357-0, (paper), \$18.95, 201 pages
New Harbinger Publications, 5674 Shattuck Ave., Oakland, CA 94609
www.newharbinger.com, 800-748-6273

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SUGGESTED INTERVIEW QUESTIONS

1. Why is it so important to have a spiritual resource for survivors of trauma?
2. How do you define “spiritual resilience” and how can it be developed?
3. What are some things people need to understand about post-traumatic stress disorder?
4. How can people use trauma as a starting point for a richer spiritual life?
5. You talk about the concept of willingness in your book, which, you say, is the capacity to be open to new dimensions of experience. How can people who have been traumatized develop willingness and how can they assess their level of willingness?
6. In a chapter on committing to spiritual growth you recommend creating affirmations. Why and can you give us an example of an affirmation?
7. Why is it so difficult to let go of painful memories and traumatic events and how can we learn to do this?
8. What role does compassion play in spiritual healing?
9. How can play facilitate healing?
10. How can belonging to a community help healing and how can we develop stronger connections to our communities?

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ABOUT THE AUTHOR

Dusty Miller, ED.D., is a clinical psychologist, consultant, and the author of the popular trauma and addiction book *Women Who Hurt Themselves* and the treatment manual *Addictions and Trauma Recovery: Healing the Body, Mind & Spirit*. She is the director of the Atrium Consultation & Training Institute in Northampton, Massachusetts, which specializes in treating addiction and trauma victims, and Codirector of the Willing Spirit Retreat Center in Provincetown, Massachusetts. She facilitates and speaks at trauma and addiction workshops and conferences nationwide where she draws on her personal as well as professional experiences with trauma and recovery.

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