

After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma

By Jane Middelton-Moz, Lorie Dwinell

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The trauma and grief of growing up in an alcoholic or addicted family create a lifetime of baggage. If you grew up in an addicted family, the dysfunction that permeated every aspect of your childhood may have seemed 'normal,' and you may not even realize the level of affect alcohol still has on your adult life?whether or not *you* drink.

If you are one of the millions of Adult Children of Alcoholics (ACOAs), the cost of your childhood pain can be unbearable. You may have learned how to 'survive,' but are you 'living' your life? Do you fear normal conflict? Do you blame yourself when something goes wrong?even when it isn't your fault? Are you a chaos junkie? Or do you just fear relationships because they are too difficult or too painful?

Having devoted much of their careers to working with ACOAs, therapists Jane Middelton-Moz and Lorie Dwinell now take a deeper look into the origin and cost of childhood pain, as well as the grief resolution process that is integral to recovery. This revised and expanded edition of their groundbreaking 1986 hit *After the Tears* discusses the latest research and offers insights on living a good life despite a dysfunctional childhood by tackling issues such as intimacy, sibling relationships, codependency, breaking the alcoholic pattern, building a relationship with the inner child, forgiveness, and opening a window to spirituality.

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After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma By Jane Middelton-Moz, Lorie Dwinell Bibliography

- Sales Rank: #26389 in Books
- Brand: HCI
- Published on: 2010-09-01
- Released on: 2010-08-10
- Original language: English
- Number of items: 1
- Dimensions: 8.40" h x .70" w x 5.50" l, .96 pounds
- Binding: Paperback
- 312 pages

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Editorial Review

About the Author

Jane Middelton-Moz, M.S., is an internationally known speaker and author with more than forty years of experience in consultation, training, and community intervention. She is the director of the Middelton-Moz Institute, has served on the Board of NACOA (National Association of Children of Alcoholics), and the Advisory Board of NANACOA (National Association of Native American Children of Alcoholics). Skilled at meeting the particular needs of an organization, Ms. Middelton-Moz is a dynamic keynote presenter and is known for her highly successful "hands on, participant driven " workshops. She is recognized for her work in the areas of adult children of alcoholics, multi-generational grief and trauma in individuals, families and communities, ethnic and cultural awareness, anger, cultural self-hate, differential diagnosis, values in the workplace and in families, empowering employees, and creating positive work place environments.

Ms. Middelton-Moz has appeared on national television shows including *Oprah*, *Maury Povich*, and *Montel Williams*, on the Discovery Channel, and has had her own PBS special. She is the author of *Children of Trauma, Shame and Guilt, Boiling Point, Welcoming our Children to a New Millennium,* and *Values from the Front Porch,* and coauthor of *Bullies, Good and Mad,* and *The Ultimate Guide to Transforming Anger*. Visit http://www.middeltonmozinstitute.org.

Lorie Dwinell, M.S.W., has been a therapist in full-time private practice in Seattle since 1977, and specializes in all aspects of addictive disorders, grief, depression, stressful life events, and transitions. She was the addiction specialist at the University of Washington's School of Social Work from 1973 to 1977, and she had the pleasure of training many of the leaders in the chemical dependency field who went on to esteemed careers in Washington and throughout the United States. She is known nationally as a trainer and has appeared on *Oprah* as a guest therapist.

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