



# Trauma and the Twelve Steps: A Complete Guide For Enhancing Recovery

*Jamie Marich Ph.D.*

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Criticism of 12-step recovery is nothing new; however, 12-step programs are increasingly getting a bad rap for being too “one size fits all,” or not applicable to individuals struggling with issues beyond the scope of simple alcoholism or addiction, especially issues surrounding traumatic stress. "Trauma and the Twelve Steps: A Complete Guide to Enhancing Recovery" takes the posture that there is nothing wrong with using 12-step recovery principles in treatment or in continuing care with individuals who are affected by trauma-related issues. However, this book also explains how rigid application of 12-step principles can do more harm than good for a traumatized person, and that learning some simple accommodations based on the latest knowledge of traumatic stress can enhance the 12-step recovery experiences for trauma survivors. Written for professionals, sponsors, and those in a position to reach out and help recovering addicts, the user-friendly language in this book will teach you how to unify the traditional knowledge of 12-step recovery with the latest findings on healing trauma. In doing so, you will be able to help others, and maybe even yourself, "work a recovery" program like never before! \_\_\_\_\_ "At last, someone has thoughtfully and intelligently reconciled the practical wisdom of the 12 steps with best practices for posttraumatic stress. In “Trauma and the Twelve Steps,” Jamie Marich tosses aside the rigid orthodoxies that have hampered both fields and delivers - in beautiful, eminently readable English - a coherent treatment approach that is sure to maximize sobriety and healing." -Belleruth Naparstek, Author of Invisible Heroes: Survivors of Trauma and How They Heal; creator of the Health Journeys guided imagery audio series "It's critically important for people in 12 step based-treatment to keep trauma in mind and not re-traumatize people with coercive practices like forced 4th and 5th steps or misguided ideas that addiction has nothing to do with trauma. I support these efforts, promoted in Dr. Marich's work, to help those whose choice of recovery paths is within the 12-step framework." -Maia Szalavitz, Journalist and best-selling author of Born for Love and The Boy Who Was Raised as a Dog

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