



## Outsmarting the riptide of domestic violence [ metaphor and mindfulness for change /

Pernicano, Pat (1954-)

Jason Aronson, 2012

Family violence-

Interpersonal relations-

Self-actualization

(Psychology)

Monografía

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbgVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMTgyNTM0NzQ>

---

**Título:** Outsmarting the riptide of domestic violence [Recurso electrónico] :] metaphor and mindfulness for change Pat Pernicano

**Editorial:** Lanham, Md. Jason Aronson 2012

**Descripción física:** xiii, 223 p.

**Mención de serie:** E-Libro

**Bibliografía:** Includes bibliographical references and index

**Contenido:** Preface -- Acknowledgments -- Introduction -- Stories for pre-contemplation -- Investing in others : relationships -- Weighing the risks and benefits of change -- Tuning in : parent-child interaction -- Repeated exposure to domestic violence -- Self-destructive behavior -- Confronting entitlement -- Stories for contemplation -- Peeling away defenses -- Safety for self and others -- The blame game -- Self-protection -- Thinking and planning in relationships -- Relationship roles -- The cycle of abuse -- Beyond sex to intimacy -- Stores for preparation -- The powerful pull of the past -- Having the right tools: survival skills -- Facing your own monsters -- Identifying and expressing feelings -- Change takes time -- Codependency -- What comes next? : planning ahead -- Recognizing danger -- Opening your heart -- Expecting the worst : fight or flight -- Stories for action -- Understanding PTSD -- Telling your story : trauma narratives -- Getting past the obstacles -- The whole is greater : becoming new and different -- Mood management -- Seeking approval : attachment disruption -- Cleaning up addictive behaviors -- Trauma reminders -- Regulating affect -- Speaking the same language -- Avoiding blind spots -- Giving birth to something remarkable -- Unconditional positive self-regard -- Stories for maintenance -- Leaving the past behind -- Preventing relapse -- Becoming whole -- Appendix

**Detalles del sistema:** Modo de acceso: World Wide Web

**Fuente de adquisición directa:** E-Libro

**ISBN:** 9780765708854 cloth : alk. paper) 9780765708861 e-book)

---

### **Baratz Innovación Documental**

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- [informa@baratz.es](mailto:informa@baratz.es)