

Updated Edition of an Essential Resource on Complex Trauma

Nearly every professional counselor will encounter clients with a history of complex trauma. Yet many counselors are not adequately prepared to help those suffering from complex posttraumatic stress disorder (C-PTSD), including survivors of child abuse, religious cult abuse, and domestic violence.

In this second edition of *Restoring the Shattered Self*, Heather Davediuk Gingrich provides an essential resource for Christian counselors to help fill the gap between their training and the realities of trauma-related work. Drawing on over thirty years of experience with complex trauma survivors in the United States, Canada, and the Philippines, she ably integrates the established research on trauma therapy with insights from her own experience and an intimate understanding of the special concerns related to Christian counseling.

This new edition is updated throughout to match the *DSM-5* and includes new content on how the body responds to trauma, techniques for helping clients stay within the optimal zone of nervous system arousal, and additional summary sidebars.

“Caring effectively for complex trauma survivors—those whose lives have been deeply shattered—requires a distinct set of resources and skills. . . . Heather Davediuk Gingrich provides a well-researched, accessible, and practical book that is honest about the challenges yet full of hope in the healing power of God and of well-informed Christian communities.”

TIM CLINTON

president of the American Association of Christian Counselors

“Save yourself a decade of frustration, pain, and hard work through the wisdom in Restoring the Shattered Self. . . . Even experienced counselors should read this revised book.”

JIM WILDER

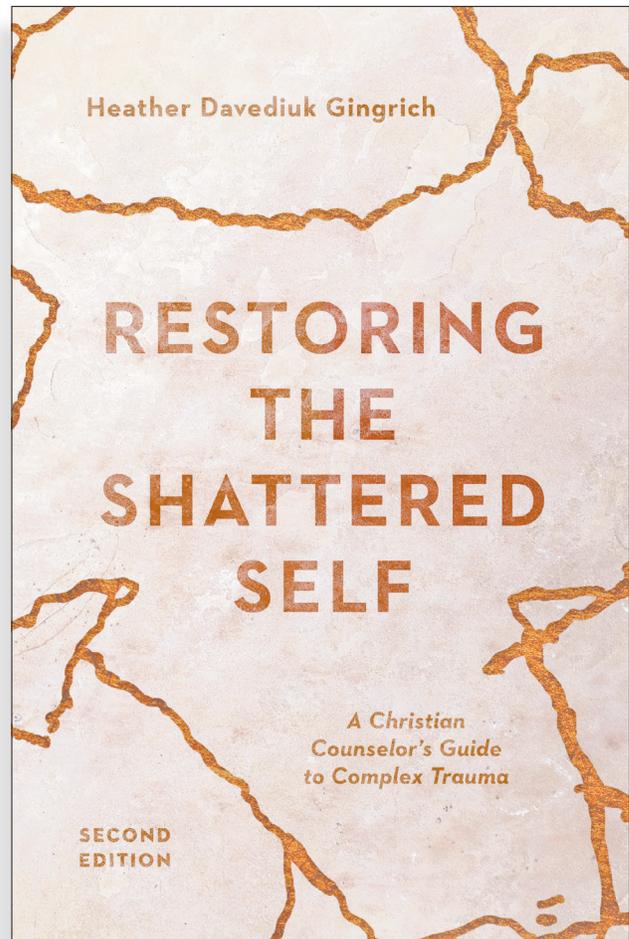
neurotheologian and theoretician at Life Model Works

“Heather Davediuk Gingrich, a trauma specialist, has invested her professional lifetime searching out productive pathways for restoration following dense identity upheavals. . . . These pages offer wisdom from a clinical authority to guide us on the frontlines as we lead others back from the abyss.”

STEPHEN P. GREGGO

author of *Assessment for Counseling in Christian Perspective*

HEATHER DAVEDIUK GINGRICH is professor of counseling at Denver Seminary and maintains a private practice working with complex trauma survivors. She is the coauthor of *Skills for Effective Counseling* and co-editor of *Treating Trauma in Christian Counseling*.



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