

[PDF] Healing The Child Within: Discovery And Recovery For Adult Children Of Dysfunctional Families

Charles L Whitfield - pdf download free book

Books Details:

Title: Healing the child within: Dis

Author: Charles L Whitfield

Released: 1989-10-01

Language:

Pages: 151

ISBN:

ISBN13:

ASIN: B000723LTS



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Description:

About the Author Charles L. Whitfield, M.D., is a physician, psychotherapist, and internationally recognized expert on mental illness, behavioral problems, and recovery. He has been on the faculty of the Rutgers University Summer Institute of Alcohol and Drug Studies from 1978 to 2003, and in private practice of medicine and psychotherapy since 1976. He has been voted by his peers as one of the Best Doctors in America every year since 1994. He lives in Atlanta, GA.

Cardwell C. Nuckols, Ph.D., is an expert on brain development and recovery who has been described as "one of the most influential clinical trainers in America." His many publications include the national best-seller, *Cocaine: Dependency to Recovery*. His recent DVD, "The Science Based Treatment of Addictive Disorders," provides a scientific basis for many of the ideas first addressed in *Healing the Child Within*. --This text refers to an alternate edition.

Excerpt. © Reprinted by permission. All rights reserved. Chapter 1
Discovering Our Child Within

The concept of the Child Within has been a part of our world culture for at least two thousand years. Carl Jung called it the 'Divine Child' and Emmet Fox called it the 'Wonder Child.' Psychotherapists Alice Miller and Donald Winnicott refer to it as the 'true self.' Many in the field of alcoholism and other chemical dependence call it the 'inner child.'

The Child Within refers to that part of each of us which is ultimately alive, energetic, creative and fulfilled; it is our Real Self—who we truly are.

With our parents' unknowing help and society's assistance, most of us deny our Inner Child. When this Child Within is not nurtured or allowed freedom of expression, a false or co-dependent self emerges. We begin to live our lives from a victim stance, and experience difficulties in resolving emotional traumas. The gradual accumulation of unfinished mental and emotional business can lead to chronic anxiety, fear, confusion, emptiness and unhappiness.

Denial of the Child Within and the subsequent emergence of a false self or negative ego are particularly common among children and adults who grew up in troubled families, such as those where chronic physical or mental illness, rigidity, coldness or lack of nurturing were common.

Yet, there is a way out. There is a way to discover and to heal our Child Within and to break free of the bondage and suffering from relying on our false self. That is what this book is about.

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