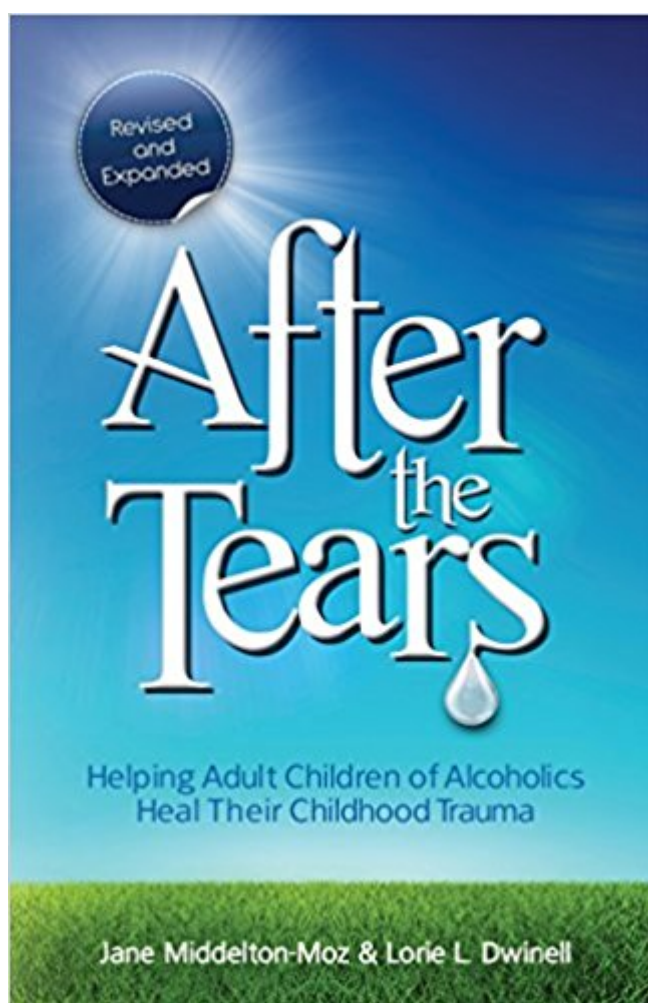




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# After The Tears: Helping Adult Children Of Alcoholics Heal Their Childhood Trauma



## Synopsis

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 Middleton-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.

## Book Information

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## Customer Reviews

Jane Middleton-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 Middleton-Moz Institute,Ã A 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. Middleton-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. Middleton-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 ofÃ A Bullies, Good and Mad, andÃ A The Ultimate Guide to Transforming Anger. Visit <http://www.middeltonmozinstitute.org>. Lorie Dwinell, M.S.W.,Ã A has been a therapist in full-time private practice in Seattle since 1977, andÃ A 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 SocialÃ A Work from 1973 to 1977,Ã A and she had the pleasure ofÃ A 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 aÃ A guest therapist.

As a therapist who works with many people who have been in relationships with alcoholics--this is my go-to book. I re-read and recommend this book more than any other. Excellent, important, sometimes difficult because of the honest content. But well written and true. I highly, highly recommend it!

I bought this book, not because I have any alcoholism in my past family history, but because my grown step-children do and a friend of mine suggested it could help understand what they deal with on a regular basis and how they react to certain triggers in life. It is helpful on all levels. I also gave a copy to a friend of mine who grew up with an alcoholic mother and she says the book is very helpful in explaining so many facets of alcoholic behavior she wished she had known about this book years ago.

After reading numerous self help books, I found myself not being able to determine my next course in recovery. This book truly helped me learn forgiveness and is incredibly insightful. Any one in recovery absolutely needs to read this book. It ties all self help books together and leads you on a true path to healing. Must must must read!!!

not what I was expecting. well written, but I could have read the stories online. it actually didn't help with anything.

So helpful in identifying and explaining my "issues". Bought a copy for my sister as well.

I bought this book because I am caring for my parents in our home. It was that chapter that caught my attention and has helped me so much. If you haven't faced the issues of your life when you are an ACOA, this book is a great help. Even if you have done some work in this area in your life, if you are taking your parents into your home, you need to be aware of the new issues that are coming. Wish I had read this before they moved in. It would have saved me a lot of emotional trauma.

Loved it! Started journaling about halfway through. So many things I wanted to remember. Think of this when you withdraw your co-dependency and begin healing. I am now among the "Psychologically unemployed." After reading Jane's book, I began another about ACOFs. The feeling wasn't there. Jane really spoke to my heart sharing peoples' experiences as examples of behavior. I really commend Jane for her service to those of her who read her book.

I hated and loved this book. I hated it because it so accurately described my entire personality. I cried through the first half. Then I picked myself up and kept going, as it started to show me how to heal.

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