

SUPERHERO THERAPY FOR FACING
DISASTER-RELATED TRAUMA



SUPER SURVIVORS



JANINA SCARLET
WITH ILLUSTRATIONS BY VINCE ALVENDIA

Super Survivors

ML Yell



Super Survivors:

Super Survivors Janina Scarlet, 2021-02-25 How do we survive when it feels like our world has ended This interactive book is for anyone that has experienced trauma and feels the after effects of fear panic worry anxiety anger or depression You will join a group of other survivors who have lived through extraordinary times and situations including a doctor who saw many patients die in a pandemic a firefighter who feels ashamed about developing anxiety after a major tragedy a nurse who lost a sibling in a school shooting and others affected by a global health crisis and trauma in differing ways This self help manual is based on the techniques of Superhero Therapy and Acceptance and Commitment Therapy and will teach you the skills of acceptance mindfulness self compassion sense of purpose and commitment to action as well as helping you to develop your own survivor story This is the first book of its kind to help us deal with the realities and mental health impact of a world emerging from the unprecedented effects of COVID 19 as well as other natural disasters and violence **SECRETS**

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