

# HEALING TRAUMA

Through Self-Parenting

The **Codependency** Connection

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## Signs of Codependency:

- ✓ You really need to be needed and aren't in touch with your own needs, so you focus on what others need.
- ✓ You feel that you have a special ability to understand what others need, so you put yourself in situations where you can take care of others.
- ✓ You are very sensitive to the cues in your environment but not as sensitive to your inner cues.
- ✓ You feel that you have to *overfunction* in a relationship if the other person *underfunctions*, so you can keep the relationship.
- ✓ You rationalize that your *overfunctioning* is okay because you know how to do it.
- ✓ You believe that if you do more, the other person will appreciate you more.
- ✓ Your self-worth is tied to what you can do for others; you don't understand what you need to do for yourself.
- ✓ You rationalize that doing more for others is okay because it's easier for you than it is for them.
- ✓ You feel more responsible for another than that person feels for you.
- ✓ You feel attached and responsible for someone else due to your painful shared history.
- ✓ You believe you have the ability to see the potential or true worth in another and commit yourself to helping him or her maximize that potential.
- ✓ You fall into the same caretaking relationships time and time again.
- ✓ You neglect your own care because you can do without.
- ✓ You take care of yourself last or avoid dealing with your needs because you can wait.
- ✓ You believe you owe others more than they owe you.
- ✓ You sacrifice yourself at work.

## Developing Skills in the Face of Adversity: Resiliency Traits

The ability to develop skills in the face of adversity begins early in life and continues for the rest of our lives. According to Dr. Marylene Cloitre, director of the Institute for Trauma and Stress at the New York University Child Study Center, and her associates (2000), children who develop resiliency tend to show:

- ✓ **Persistence**—The child works on something until it is finished, tries to succeed on a task after failing, stays committed to his/her goals, and remains encouraged.
  - ✓ **Goal orientation**—The child has goals that are important to him/her and works hard to accomplish those goals.
  - ✓ **Adaptability**—The child feels comfortable with change, believes there are many ways of seeing things, and can easily compromise.
  - ✓ **Optimism**—The child is usually enthusiastic, cheerful, confident that the future holds good things to come, and optimistic that things will get better in the future.
  - ✓ **Willingness to approach novel events**—The child finds it easy to go to new places, enjoys meeting and interacting with new people.
  - ✓ **High self-esteem**—The child thinks he/she is a lot of fun to be with, that he/she can handle stressful things in life, and likes him- or herself.
  - ✓ **Intelligence**—The child generates creative or novel solutions to unexpected problems or can identify similarities between a new problem and one he/she has already solved.
  - ✓ **Good social skills**—The child can ask for help when he/she needs it, make friends easily and keep them, and not get into fights.
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# Website Resources

## **Alcoholics Anonymous**

[www.aa.org/](http://www.aa.org/)

## **Al-Anon Family Group** (includes Alateen)

[www.alanon.alateen.org](http://www.alanon.alateen.org)

## **American Red Cross**

[www.redcross.org/](http://www.redcross.org/)

## **Faces and Voices of Recovery**

[www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)

## **Join Together**

[www.jointogether.org](http://www.jointogether.org)

## **National Child Traumatic Stress Network**

[www.NCTSN.org](http://www.NCTSN.org)

## **National Association of Children for Alcoholics**

[www.nacoa.org](http://www.nacoa.org)

## **National Center on Addiction and Substance Abuse at Columbia (CASA)**

[www.casacolumbia.org](http://www.casacolumbia.org)

[www.casalibrary.org](http://www.casalibrary.org) (general library)

## **National Institute on Drug Abuse**

[www.nida.nih.gov](http://www.nida.nih.gov)

## **National Institute on Alcohol Abuse and Alcoholism**

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

## **National Clearinghouse on Alcohol and Drug Information**

[www.health.org](http://www.health.org)

**National Organization for Women**

[www.now.org/](http://www.now.org/)

**Patricia O’Gorman and Phil Diaz**

[www.ogormandiaz.com](http://www.ogormandiaz.com)

**Patricia O’Gorman, Ph.D.**

[www.patriciaogorman.com](http://www.patriciaogorman.com)

**Rapid Trauma Resolution (RTR) Therapy**

[www.cleartrauma.com](http://www.cleartrauma.com).

**Returning Vets and Trauma**

[www.samhsa.gov/vets/index.aspx](http://www.samhsa.gov/vets/index.aspx)

[www.ptsd.va.gov/public/web-resources/web-trauma-organizations.asp](http://www.ptsd.va.gov/public/web-resources/web-trauma-organizations.asp)

***Trauma-Related:***

**Child Trauma Academy**

[www.childtrauma.org](http://www.childtrauma.org)

**Trauma Center at Justice Resource Institute**

[www.traumacenter.org](http://www.traumacenter.org)

**Trauma Soma**

[www.traumasoma.com](http://www.traumasoma.com)

**National Institute for Trauma and Loss in Children**

[www.starrtraining.org/trauma-and-children](http://www.starrtraining.org/trauma-and-children)

**Department of Veteran’s Affairs:**

**National Post Traumatic Stress Network**

[www.ptsd.va.gov/](http://www.ptsd.va.gov/)

**National Child Traumatic Stress Network:**

**Child Trauma Toolkit for Educators**

[www.nctsn.org/nctsn\\_assets/pdfs/Child\\_Trauma\\_Toolkit\\_Final.pdf](http://www.nctsn.org/nctsn_assets/pdfs/Child_Trauma_Toolkit_Final.pdf)

**Massachusetts Advocates for Children:**

**Helping Traumatized Children Learn**

[www.massadvocates.org/download-book.php](http://www.massadvocates.org/download-book.php)

**Calmer Classrooms: A Guide to Working with Traumatized Children**

[www.ocsc.vic.gov.au/downloads/calmer\\_classrooms.pdf](http://www.ocsc.vic.gov.au/downloads/calmer_classrooms.pdf)

**The Heart of Learning: Compassion, Resiliency, and Academic Success**

[www.k12.wa.us/CompassionateSchools/HeartofLearning.aspx](http://www.k12.wa.us/CompassionateSchools/HeartofLearning.aspx)