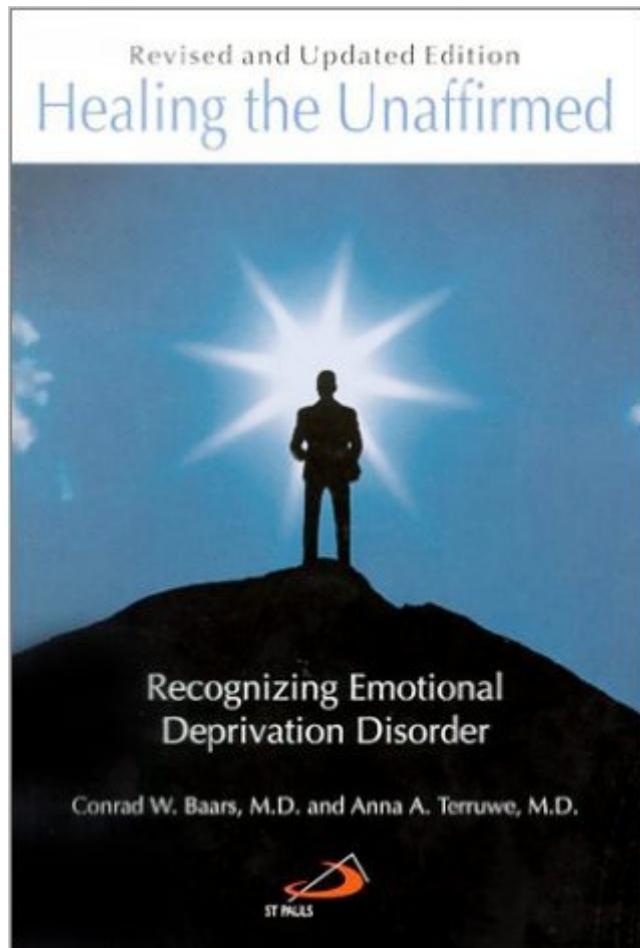


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Healing The Unaffirmed: Recognizing Emotional Deprivation Disorder (Revised And Updated Edition)



Synopsis

What the unaffirmed person needs is affirmation therapy, which involves the healing of the whole person--body, mind and spirit. Recognizing emotional deprivation disorder is the first step in correcting, through affirmation, many grave individual and global ills. Authentic affirmation brings about peace, self-confidence and joy.

Book Information

Paperback: 221 pages

Publisher: Alba House; Rev Upd edition (November 2002)

Language: English

ISBN-10: 0818909188

ISBN-13: 978-0818909184

Product Dimensions: 0.5 x 5.5 x 8 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (26 customer reviews)

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During childhood as we grow, develop, and mature we feed off of our parents to help us develop a healthy sense of self. If that develops properly and in a positive way we also develop resources, kind of like a reservoir. As we receive empathy, respect, encouragement and appreciation from our power source (our parents) our sense of self is developed - the love, empathy, and admiration that we continue to receive fills our resources, our reservoir. So when we go into life situations and feel self doubt we look to those resources, we 'borrow' from that reservoir to build us up so we can handle the situation where we feel insecure. People who did not develop a proper sense of self unfortunately failed to get sufficient affirmation to establish a secure sense of self - they failed to receive the extra to fill the resources, so it is impossible for them to borrow from the reservoir. Love and empathy from parents is vital for development of self worth. A person who is denied nurturing is emotionally deprived that person tends to be constantly frustrated and cannot grow into a mature adult state until unconditional love is provided. Baars and Terruwe theorize that treatment for Emotional Deprivation Disorder lies in providing a replacement for the unconditional love one never

had in life. They call this process Affirmation Therapy.

Healing the Unaffirmed could have so many additional subtitles that reflect the significance of the authors' work. They take huge steps in humanizing those people who have been misdiagnosed according to Freudian systems or medical views and prescribed psychotropic drugs to "fix" them or stabilize them. This book shows that what many people who present to therapists and other caregivers need is affirmation within a loving, healing relationship. The authors show the extreme importance of unconditional love to the development of emotional, mental and spiritual health of people. The only surprise in these pages is how it all makes perfect sense in light of Biblical teaching on love, family, fallenness, redemption, forgiveness, reconciliation, etc. The maladies of the unaffirmed illustrated in this book show that we all need loving relationships, and when those have been lacking, symptoms develop and progress unless interventions occur. The authors' insights are profound and reveal years of experience, research and reflection. They provide a plethora of diverse examples from case studies to define and support their thesis that Emotional Deprivation Disorder is a real clinical problem that is often misdiagnosed and untreated. They also include letters from patients. The book seems complex and technical in many parts, but I think "lay" readers will be able to discern the main themes throughout. At times, they seem to write for a professional audience, but the content is relevant to anyone. I would have liked to see more about affirming others in families throughout the stages of life. The final chapter is on affirming children, but even this chapter strays from that main focus. It is still helpful to parents and caregivers.

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