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Each of the eight keys is given a chapter, and most chapters have the same format, divided into seven sections. These sections are entitled as follows: The issue

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8 Keys to Safe Trauma Recovery Take-Charge Strategies to Empower Your Healing. Overview | Contents | Inside the Book Preface: Common Sense and Trauma Recovery

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Author Babette Rotschild explains the theory and practice of the 8 Keys to Safe Trauma Recovery

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With my book I want to help to put you in the driver s seat, so to speak, of your own trauma recovery and to equip you with the controls you need to reach your goal

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About the Author. Babette Rothschild, MSW, LCSW, has been a practicing psychotherapist since 1976. Author of 8 Keys to Safe Trauma Recovery and the best-selling The

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### **Introduction to 8 keys to safe trauma recovery (1)**

Mar 31, 2012 Take charge of your recovery from trauma. In this interview with Michael Gavin, Editor of the website safetraumarecovery

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I have two copies of "8 Keys" in my office to lend out to patients. One patient recently commented that it was easy to locate the sections that felt immediately

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