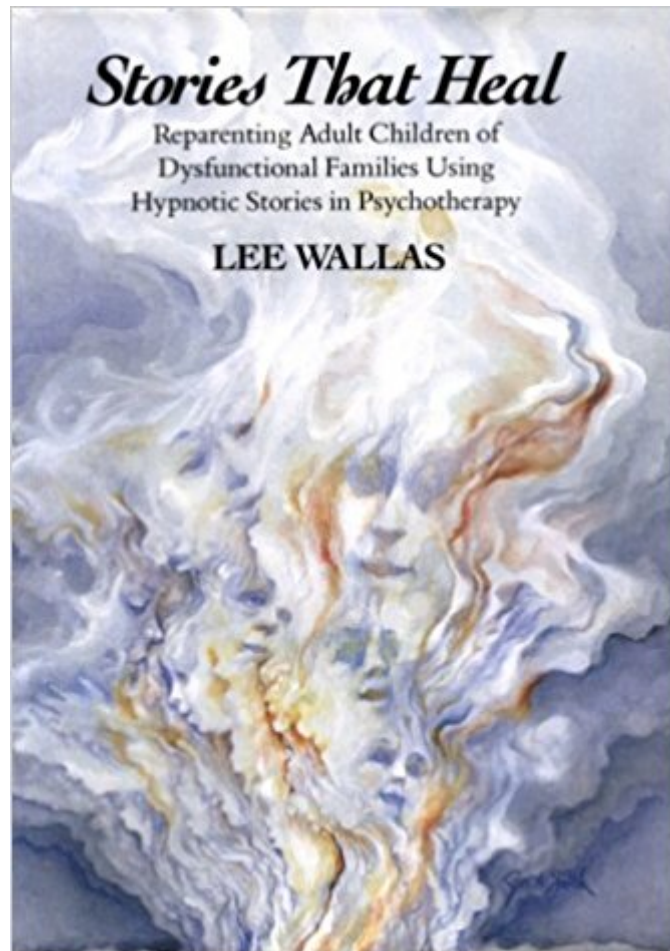




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Stories That Heal: Reparenting Adult Children Of Dysfunctional



Synopsis

Since earliest history, storytelling has been the primary vehicle for teaching and for exchanging human knowledge and experience. Here stories become a means of healing, of reparenting, and of conveying to the unconscious mind the peace and comfort of an idealized childhood—often with almost magical effects. *Stories That Heal* addresses adult children of dysfunctional families, who from infancy received distorted messages from their parents, messages that taught: "You are not lovable or important. Don't feel; don't trust yourself or anyone else; don't talk." As children, they incorporated these verbal and nonverbal "teachings" uncritically, since they were taught by their parents. These teaching tales, told not about the clients themselves but about others "who seem familiar," start with the mother's pregnancy and progress through the developmental stages, always depicting parenting as facilitative and supportive. Hearing these stories while in hypnotic trance, clients experience healthy reparenting, replacing hurtful past experience with loving infancy, childhood, and adolescence. In this way the "adult child" incorporates a new childhood. The book includes a step-by-step preparation for increasing clients' receptivity to the stories, describing how rapport can be established and trust developed during the initial sessions of hypnotherapy. In addition, the author shares clients' reactions to the stories, showing how reparenting in trance enables them to move beyond anger and self-deprecation to forgiveness and personal growth. Many people bemoan their unhappy, deprived childhoods—and with good cause. However, as Lee Wallas so poignantly demonstrates, "It's never too late to have a happy childhood!" The "adult child" can experience reparenting and truly "grow up" into happy adulthood.

Book Information

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Customer Reviews

Lee Wallas, who became a psychotherapist after a long and successful career as an artist, is a clinical social worker in private practice with individuals and families in St. Louis.

Not a fast read. I had to read a story, then put it down (sometimes to cry for awhile--but healing tears). Sometimes I even left it alone for awhile. I highly recommend this book for anyone who feels the need to continue that journey into their future by first journeying into the past for healing. And I recommend it be read first, then Wallas' "Stories for the Third Ear" be read. That's what worked for me, anyway.

Extraordinarily helpful book for someone recovering from dysfunctional family.

This was a recommended text by Jongsma. But it is not proved to helpful for my practice as an MHC intern. Too bad.

I come from a background of severe abuse. My therapist gave me this book to read at the beginning of our work together. The book is basically written for clinicians to use during hypno-therapy sessions with clients, but my therapist does not use hypno-therapy and instead asked me to read and think about the stories while I was fully conscious. The book is basically a composition of many small, very simply written short stories about family life. I would compare them to stories one would write if one were writing for young children. The characters in the various stories are very neutral. Details about the characters are very few and far between...with the exception of positive emotions - which abound. At first, I remember thinking, what is this about? Why is my therapist asking me to read this? Because upon first glance, the stories come across as cheesy little antedotes regarding what "normal" or "healthy" families do during various life circumstances (like pregnancy, feeding, story time, bed time, etc.). But as I read them, and we discussed them in therapy, I began to recognize that the stories really DO evoke feelings of comfort, healing, and peace. Because the stories are so neutral, you find yourself picturing yourself as the child in the stories and picturing your own parents/siblings as the parents and siblings described in the stories. You then find yourself feeling the happy/positive emotions that the characters are experiencing. These happy/positive emotions are a new thing for me...and it is quite the experience. I find myself thinking about the

stories when I least expect it. I find myself shocked that a mother would react in a positive manner or that a father would provide comfort to a child in a certain situation. On the other hand, I also find myself angry that my family wasn't as described and also find myself wishing things had been different for me. I advise that you read this book either A) as a professional clinician who is experienced with dysfunctional families and/or who works with people who were severely abused or B) as a client with a therapist who is trained to help you deal with the effects, memories, and emotions these stories will trigger for you. If either of those apply, then purchase this book. It's absolutely wonderful.

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