



# Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse

By Shannon Thomas LCSW

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Within every community, toxic people can be found hiding in families, couples, companies, and places of worship. The cryptic nature of psychological abuse involves repetitious mind games played by one individual or a group of people.

Psychological abuse leaves no bruises. There are no broken bones. There are no holes in the walls. The bruises, brokenness, and holes are held tightly within the target of the abuse.

A guided Personal Reflections journal is included in the back of the book to help the reader go deeper in their application of the six stages of recovery. The journal can be used individually, in a small group setting, or with a therapist.

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### **Editorial Review**

#### **Review**

Compassionate and well-researched, a must read for anyone healing from psychological abuse. The warm, conversational writing style and Shannon Thomas professional experience combine to make the perfect recovery resource. --Jackson MacKenzie, author of Psychopath Free and cofounder of PsychopathFree.com, an online support community that reaches millions of abuse survivors each month.

Shannon Thomas has written an important book about something ugly, hidden, and difficult to describe. Psychological abuse. How is it possible that one person can gain so much power to destroy another person's sense of worth, safety, and sanity? Shannon tells you how, but more importantly, she gives you a roadmap that helps you wake up, break free, heal, and rebuild your shattered life. --Leslie Vernick LCSW, counselor, coach, speaker, and author of *The Emotionally Destructive Marriage* and *The Emotionally Destructive Relationship*.

Few writers are able to connect research, experience, and intuitive understanding as Shannon Thomas does in her groundbreaking new book for survivors of emotional and psychological trauma. In *Healing from Hidden Abuse*, you will find not only evidence of Shannon's expertise as a therapist who has worked with clients suffering from the trauma of covert psychological abuse, but also her powerful mastery of the crucial questions that are needed in order to work through the trauma and heal. --Shahida Arabi, author of *Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself* and founder of Self-Care Haven.

#### **About the Author**

Shannon Thomas, LCSW is a licensed clinical social worker supervisor, and the owner/lead therapist of a private practice counseling agency in Southlake, Texas. Her passion is helping people overcome life challenges and seeing abuse survivors living to their fullest potential. She approaches her counseling work from the lens of a therapist and as a fellow survivor of psychological abuse.

### **Users Review**

#### **From reader reviews:**

#### **Linda Hupp:**

Reading a guide tends to be new life style in this era globalization. With reading through you can get a lot of information that can give you benefit in your life. Having book everyone in this world could share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their particular reader with their story or their experience. Not only the storyline that share in the ebooks. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors in this world always try to improve their expertise in writing, they also doing some research before they write to the book. One of them is this *Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse*.

**Michael Banks:**

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**Laurel Ramer:**

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