



# Healing Together: A Couple's Guide to Coping with Trauma and Post-traumatic Stress

*Suzanne B. Phillips*

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After a traumatic experience, we are told time and time again to take care of ourselves and reach out to the people we love. But what happens when you reach out and your partner can't reach back? This book is for people in relationships where either partner has faced trauma in any of its forms: violence, natural disasters, war, life-threatening accidents, crime, health problems, or loss of a loved one.

One or both partners can use **Healing Together** to recover from trauma or help their partner recover by understanding the impact of trauma, learning to communicate their needs, managing anger, dealing with traumatic memories, recapturing lost intimacy, and recognizing their resiliency as a couple. The practical, step-by-step program presented in this guide is inspired and informed by the authors' clinical experiences with patients suffering from post-traumatic stress disorder and their work with firefighters and their partners in the aftermath of 9/11. In the wake of tragedy, this book can help you build a resilient relationship and move forward with compassion, hope, and love.

*Healing Together is a beautiful book... an invaluable resource that will help couples face their traumas together.*

-Sue Johnson, Ph.D., professor of psychology at University of Ottawa and author of *Hold Me Tight*

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