

Alone in the Aftermath

RECOMMENDED RESOURCES

RECOMMENDED RESOURCE DISCLAIMER: Please note that by referencing or recommending PARTS of these books, websites or articles, I do not necessarily agree with nor advocate for the ENTIRETY of any one volume, its orientation or its application to myself, my colleagues or my clients. **ACKNOWLEDGMENT:** By receiving these recommendations, I acknowledge that I alone am responsible for myself and my own personal choices; this includes any actions I take or don't take as a result of this resource list. I agree to hold Gaelyn Rae Emerson and all related entities harmless from all legal action relating to this workshop, its services and all recommendations.

books alphabetical by subcategory and title

DIVORCE RECOVERY

Christian Chick's Guide to Surviving Divorce—What Your Girlfriends Would Tell You If They Knew What To Say
by Suzanne Reeves
<http://a.co/d/agnBXLc>

Divorce Is a Mitzvah: A Practical Guide to Finding Wholeness and Holiness When Your Marriage Dies
by Rabbi Perry Netter
<http://a.co/d/dhbAKMI>

Getting Up, Getting Over, Getting On: A Twelve Step Guide to Divorce Recovery
by Micki McWade
<http://a.co/d/7wpioEO>

Lessons From the End of a Marriage: How I Found Happiness While Surviving Bigamy, Abandonment, and Deceit
by Lisa Arends
<http://a.co/d/cj2RwP5>

Rebuilding: When Your Relationship Ends
by Bruce Fisher EdD
<http://a.co/d/eglUiDo>
(Companion workbook available)

Runaway Husbands: The Abandoned Wife's Guide to Recovery and Renewal
by Vikki Stark
<http://a.co/d/h2n5dFm>

Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder
by Bill Eddy
<http://a.co/d/aRJY2ZC>

Starting Over: Meditations for Divorced Women—Days of Healing, Days of Change
by Ellen Sue Stern
<http://a.co/d/j5Rbv7s>

Transcending Divorce: Ten Essential Touchstones for Finding Hope and Healing Your Heart
by Alan D. Wolfelt PhD
<http://a.co/d/76LLueD>
(Companion workbook available)

FOR CHILDREN

Dinosaurs Divorce: A Guide for Changing Families
by Marc Brown
<http://a.co/d/1nfPe32>

Divorce Is Not the End of the World: Zoe's And Evan's Coping Guide for Kids
by Sue Ellen Stern
<http://a.co/d/f6azxUf>

Living with Mom, Living with Dad
by Melanie Walsh
<http://a.co/d/hhC0dS3>

Two Homes
by Claire Masurel
<http://a.co/d/88CUvnX>

GRIEF + MOURNING

The Journey from Abandonment to Healing: Surviving Through and Recovering from the Five Stages That Accompany the Loss of Love
by Susan Anderson
<http://a.co/d/7ChXNf8>

Living With Loss: Meditations for Grieving Widows
by Ellen Sue Stern
<http://a.co/d/aVHjiA>

Unsent Letters: Writing As a Way to Resolve and Renew
by Lauren B. Smith
<http://a.co/d/6H1yJgn>

PARENTING

The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion, and Connection
by Brené Brown PhD
<http://a.co/d/8AnQS0F>

Healing a Child's Heart After Divorce: 100 Practical Ideas for Families, Friends and Caregivers
by Alan D. Wolfelt PhD et al.
<http://a.co/d/6A3jseZ>

When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse
by Lundy Bancroft
<http://a.co/d/64r6Wa2>

While My Child Is Away: My Prayers for When We Are Apart
by Edie Melson
<http://a.co/d/h7pDBSe>

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books continued alphabetical by subcategory and title

SINGLENESS/ SELF-IDENTITY/ SELF-REDISCOVERY

5 Sex Languages
by Douglas Weiss
<http://a.co/d/7ZhjJw9>

**5 Love Languages
Singles Edition**
by Gary D. Chapman
<http://a.co/d/43YaEtV>

Love Warrior: A Memoir
by Glennon Doyle
<http://a.co/d/7RpLaJj>

**Men, Women and Worthiness:
The Experience of Shame and
the Power of Being Enough** by
**Brené Brown PhD Men, Women
and Worthiness: The Experience
of Shame and the Power of Being
Enough**
by Brené Brown PhD
<http://a.co/d/gPPTmjD>

**Rising Strong: How the Ability
to Reset Transforms the Way We
Live, Love, Parent, and Lead**
by Brené Brown
<http://a.co/d/8DWPgVX>

**The Spiral Path: A Woman's
Journey to Herself**
by Heather Plett
heatherplett.com/spiral-path/

WORKBOOKS

**The Abandonment Recovery
Workbook: Guidance through
the Five Stages of Healing from
Abandonment, Heartbreak, and
Loss**
by Susan Anderson
<http://a.co/d/5gDFFCD>

**Rebuilding: When Your
Relationship Ends (WORKBOOK)**
by Bruce Fisher et al.
<http://a.co/d/g8UyTU5>

**Should I Stay or Should I Go?:
A Guide to Knowing if Your
Relationship Can—and Should—
be Saved**
by Lundy Bancroft et al.
<http://a.co/d/0W2lhZY>

**Transcending Divorce: A Guide
For Personal Growth And
Transformation**
by Lori S. Rubenstein, JD, CPC
Link: <http://a.co/d/1WvDIDw>

**The Transcending Divorce
Journal: Exploring the Ten
Essential Touchstones**
by Alan D. Wolfelt PhD
<http://a.co/d/6al1K2O>

TRAUMA and/or ABUSE RECOVERY

**Daily Wisdom for Why Does He
Do That?: Encouragement for
Women Involved with Angry and
Controlling Men**
by Lundy Bancroft
<http://a.co/d/8cPB2S4>

**The Gaslight Effect: How to
Spot and Survive the Hidden
Manipulation Others Use to
Control Your Life**
by Dr. Robin Stern
<http://a.co/d/acjRcNO>

**Reframing PTSD as Traumatic
Grief: How Caregivers Can
Companion Traumatized Grievors
Through Catch-Up Mourning**
by Alan D. Wolfelt PhD
<http://a.co/d/bklbQ3Y>

**Why Does He Do That?:
Inside the Minds of Angry and
Controlling Men**
by Lundy Bancroft
<http://a.co/d/4Lq5vUr>

**You're Not Crazy You're
Wounded: A Practical and
Spiritual Guide on Healing from
Emotional Trauma**
by Holly Bowerman
<http://a.co/d/bYByBin>

MISCELLANEOUS

**BIFF: Quick Responses to High-
Conflict People, Their Personal
Attacks, Hostile Email and Social
Media Meltdowns**
by Bill Eddy
<http://a.co/d/8IL1VC2>

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articles *alphabetical by title*

A Parent with PTSD Can Affect the Whole Family by Jami Deloe

healthyplace.com/blogs/traumaptsdblog/2016/11/when-a-childs-parent-has-ptsd

Choose Life (aka, "He's Not Really Going to Leave, Is He?") by Suzanne Reeves

lpcbooks.com/hes-not-really-going-to-leave-is-he/

Divorce and Guilt: Advice from the Coach by Gloria Swardenski

womansdivorce.com/divorce-and-guilt.html

Easing Peer Pressure with Love and Logic by LoveAndLogic.com

loveandlogic.com/pdfs/Easing-Peer-Pressure-with-Love-and-Logic.pdf

History of Collaborative Divorce: Resolve Your Divorce Without Going to Court

collaborativedivorce.net/history-of-collaborative-divorce

Influencing the Adults Around Our Clients (written for helping professionals) by Sue Campbell

<https://ddpnetwork.org/library/influencing-adults-around-clients>

Lessons I Learned While Parenting through Post-Traumatic Stress Disorder by Jennifer Bly

xojane.com/family/parenting-with-ptsd

Parenting with PTSD: There are Good Days, and Bad Days by Sara Wagner

scarymommy.com/parenting-with-ptsd

Parenting with PTSD: When Your Children Trigger You by Megan C.

giveherwings.com/parenting-with-ptsd-when-your-children-trigger-you

Psychological and Emotional Aspects of Divorce by Kathleen O'Connell Corcoran, Ph.D.

Highlights divorce as an independent trauma (not post-trauma or incidental trauma)

mediate.com/articles/psych.cfm

Six Powerful Ways to Create Your Own Closure After Divorce by Lisa Arends

divorceforce.com/article/6-powerful-ways-to-create-your-own-closure-after-divorce-by-lisa-arends

SWIRL: The Five Stages of Abandonment Grief

abandonment.net/swirl-the-five-stages-of-abandonment

Ten Things I've Learned About Parenting with PTSD by Mary F.

themighty.com/2017/08/things-ive-learned-about-parenting-with-ptsd

The Courage of Parenting with a History of Trauma by Gretchen Schmelzer

retchenschmelzer.com/blog-1/2015/8/11/parents-corner-the-courage-of-parenting-with-a-history-of-trauma

What It's Like to Suffer from PTSD Post-Divorce

huffingtonpost.com/2014/01/07/divorce-post-traumatic-_n_4557481.html

Understanding the Impact of Long Term Stress (Holmes and Rahe)

mindtools.com/pages/article/newTCS_82.htm

What Nobody Tells You About Self-Care by Miwiyah Patten

themighty.com/2016/09/self-care-how-to-take-care-of-yourself-when-you-have-depression

When a Child's Parent has PTSD by Jennifer L. Price, PhD

ptsd.va.gov/professional/treatment/children/pro_child_parent_ptsd.asp

Why "How Could You Do This to Me?" Is the Wrong Question to Ask by Lisa Arends

lessonsfromtheendofamarriage.com/2016/07/03/why-how-could-you-do-this-to-me-is-the-wrong-question-to-ask

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websites alphabetical by URL

- Abandonment.net** A quick review of Susan Anderson’s Five Stages of Abandonment Grief
- BeatingTrauma.com** Tools for living and parenting with complex trauma with Elisabeth Corey
- CenterForLoss.com** Help for people who are grieving—and those who care for them
- CollaborativeDivorce.net** Exploring the relatively contemporary concept of “collaborative divorce”
- DivorceSource.com** State-specific information about divorce laws in your geographic area
- EmotionCoaching.Gottman.com** Five-step method that builds emotional intelligence in children
- LoveAndLogic.com** Parenting strategy classes, courses, conferences and webinars
- LundyBancroft.com** Education, encouragement and empowerment regarding abuse awareness, resilience and injustice
- MatchMothers.org** Support for women who live apart from their children
- MFalstreau.com** “One Day She Woke Up...” (Creative Art Series) Transforming women from the inside out
- OneMomsBattle.com** Educating family court professionals on high-conflict custody battles
- ParentsWithoutPartners.org** Non-profit entity, providing support resources for single parenting
- Rainbows.org** Grief support resources for children
- SarahMorales.coach** Coaching for gaslighting resilience, self-love and divorce recovery with Sarah Morales
- SinceMyDivorce.com** Survivor stories, including stories by men and children (including adult children)
- TraumaMama.net** Coaching for perinatal mental health and transitional/generational trauma with Stephanie Morales
- WomenEverAfter.com** Coaching for betrayal trauma, divorce recovery and post-traumatic growth with Gaelyn Rae Emerson

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consulting specialists

alphabetical by first name

Cassie Kingan, MA, LPC, CCPC, CCTP | POSARC.com

Cassie is a licensed professional counselor, specializing in trauma therapy for women and children, working with victims of sexual abuse and exploitation, emotional abuse, physical violence and spiritual abuse. Cassie provides consultation to parents who need to disclose sensitive information to their children (of all ages), those going through separation and/or divorce, and those in relationships impacted by bipolar, narcissistic, borderline or other personality disorders. POSARC's founder Lili Bee also provides private wise, strategic and empowering coaching for women navigating these critical arenas. For more information about consulting with Cassie, visit POSARC.com or email mail@posarc.com.

Gaelyn Rae Emerson, CPLC, CCRC, CDRC, ICF-ACC, APSATS-CPC | WomenEverAfter.com

Gaelyn is an APSATS Certified Partner Coach, dedicating her career to helping women survive and thrive—whether or not their relationships do. Gaelyn is trained and credentialed by Impact Coaching Academy, the International Coach Federation and the Association of Partners of Sex Addicts Trauma Specialists, with additional training in abandonment, grief, relationships, divorce recovery, group facilitation, therapeutic disclosures and holding space in complexity (trauma, conflict, shame, abuse of power, etc). Gaelyn coaches a wide variety of women's support groups in various platforms, with special attention to issues that impact certain marginalized demographics. For more information, email gaelyn@womeneverafter.com.

Jessica Eidens, MA, LMHC, CMHS, CSAT, CCPS-C | PacificBehavioralHealth.com/jessica-eidens

Educating partners of sex addicts (and sex addicts themselves) to be proactive for their children's wellbeing, Jessica helps parents to minimize the stress and impact of sexual betrayal and trauma within their families. Jessica is a trained and licensed child mental health specialist and certified sex addiction therapist in Washington state. Jessica provides consultation with parents in cooperation with their primary coach or therapist. For more information about consulting with Jessica, email jeidens@pacificbehavioralhealth.com.

Lori Rubenstein, JD, CPC, PCC | LoriRubenstein.com

Lori is an experienced divorce attorney, divorce recovery coach, divorce mediator, child advocate and author—one who truly understands the emotional, relational and legal impact of sex addiction on families and children. Lori coaches divorcing parents directly or in cooperation with their primary coach, therapist or other helping professional. For more information about consulting with Lori, email lor@lorirubenstein.com

Sarah Morales, CPC, CRC | SarahMorales.coach

Sarah Morales offers dedicated, focused support for women healing from gaslighting as a form of relational and psychological abuse. She also offers nuanced professional skill at helping women through betrayal, discovery, parenting, separation, divorce and other *family transitions amidst complexities specific to sexual offending and the criminal justice system*. Note from Gaelyn: Sarah is my closest partner in developing available programs for divorced, divorcing and separated partners—and I entrust my clients to her care at times when I'm overbooked, on vacation or otherwise unavailable. For more information about consulting with Sarah, email sarah.morales.life.coach@gmail.com.

Stephanie Morales, LMFT | TraumaMama.net, MotherNurtureNetwork.com

Stephanie specializes in maternal mental health, coaching women through their holistic experiences of pregnancy, childbirth and motherhood. Stephanie's advanced training includes expertise in perinatal psychology, abandonment and trauma recovery, EMDR and internal family systems—making her an ideal consultant for women facing a combination of betrayal trauma and motherhood. For more information about consulting with Stephanie, email gaelynrae@womeneverafter.com.

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"Companioning" vs "Treating"

I have attempted to convey in the following pages an "active empathy," encouraging you to be the expert regarding your own experience. You see, I have discovered a Touchstone in my own personal divorce journey and in my "companioning" of my fellow human beings like you. I can only help people when I encourage them to teach me about their unique divorce experience.

You may consider this helping attitude somewhat strange. After all, as a professional counselor, am I not supposed to "reat" the person who has come to me for help? No, not really. My experience has made me aware that **thinking a trained counselor like myself should have all the answers for people experiencing divorce only complicates their experience.** I prefer the use of a "companioning" or "teach me" attitude with my fellow travelers in this journey.

In sum, I have discovered that if I allow you to be my teacher, I not only become more helpful to you, but I am enriched in my own life.



The word "treat" comes from the Latin root "tractare," which means "to drag." On the other hand, the word "companion," when broken down into its original Latin roots, means "messmate" (com = with + pan = bread). Someone you would share a meal with, a friend, an equal:

- Companioning is about honoring the spirit it is not about focusing on the intellect.
- Companioning is about curiosity it is not about expertise.
- Companioning is about learning from others it is not about leading.
- Companioning is about being still it is not about frantic movement forward.
- Companioning is about discovering the gifts of sacred silence it is not about filling every painful moment with talk.
- Companioning is about listening with the heart it is not about analyzing with the head.
- Companioning is about bearing witness to the struggles of others it is not about directing those struggles.
- Companioning is about being present to another person's pain it is not about taking away the pain.
- Companioning is about respecting disorder and confusion it is not about imposing order and logic.
- Companioning is about going to the wilderness of the soul with another human being... it is not about thinking you are responsible for finding the way out.

—From *Transcending Divorce: Ten Essential Touchstones for Finding Hope and Healing Your Heart* by Alan Wolfelt, PhD

"Healing vs "Transcending"

Also from Alan Wolfelt: Transcendence, which literally means an entire change in form, goes beyond healing. In this context, divorce means to be altered to where you were before your injury (in other words, before your divorce). However, when you transcend, you can grow in any direction. To transcend from your divorce opens yo uup to new directions and positive changes, to utilize your gifts in the world around you and to celebrate the richness and purpose of your life,