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people suffering from complex post traumatic stress disorder cptsd have endured not just one traumatic event but several often spanning their entire lives and leading to symptoms as varied and severe as relationship problems depression substance abuse suicidality and physical illness drawing on dialectical behavior therapy dbt polyvagal theory and other proven effective modalities this powerful yet accessible workbook will help readers process and manage their intense emotions free themselves from self destructive behaviors and feel more stable and safe in the present

erika rummel delves into the extensive primary sources of the times bringing the issues and their continuing legacy to light and making a valuable contribution to our understanding of the intellectual climate of early modern europe

this book explores the gendered historical and social contexts and discursive traditions that have characterized journals and diaries in academic discourse the tension between the term journal which has a variety of positive public and scholarly connotations and the term diary which is currently understood as a feminized trivial and confessional kind of writing inappropriate for school is a critical part of the problem this book uses the developing and shifting notions of diary and journal to explore several critical questions about the larger relations between gender language canonicity and academic discourse

contains list of members

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