



Breaking Through Betrayal: and Recovering the Peace Within (New Horizons in Therapy)

Holli Kenley

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Reclaim your rightful sense of self.

Therapists Praise *Breaking Through Betrayal*

"Useful for anyone caught in self-blame, shame or repeated victimization. Though almost the antithesis of my inner-transformation approach, this empowering 'in-control' approach can help readers take charge, assess injury, gauge healing and find excellent strategies to protect themselves from future trauma when relating to one's betrayer."

--Beth Hedva, Ph.D. author of award-winning *Betrayal, Trust and Forgiveness*

"This volume deals with the subject of betrayal, and is appropriate as a self-help aid for clients. It also contains useful suggestions for therapists dealing with those who have experienced betrayal of trust of several kinds: interpersonal, familial, sexual, and financial. The steps in the healing process are well outlined and make clear that relapse is to be expected. Overlap with loss and the grief process is also well discussed."

--Lucy R. Ferguson, Ph.D., Member, AFTNC

Faculty Member and Dean Emerita, CSPP, Alliant University

About the Author

Holli Kenley is a Licensed Marriage and Family Therapist in the state of California. She holds a Masters Degree in Psychology with an emphasis on Marriage, Family, and Child Counseling. For over a decade (both as an intern and a licensed clinician), Holli has worked in a variety of settings: a women's shelter and transitional housing, a counseling center, and in private practice.

Learn more at www.HolliKenley.com

From the New Horizons in Therapy Series at Loving Healing Press www.LovingHealing.com

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From reader reviews:

Robert Young:A lot of people always spent their own free time to vacation or go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book which you read you can spent the whole day to reading a publication. The book Breaking Through Betrayal: and Recovering the Peace Within (New Horizons in Therapy) it is extremely good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space to bring this book you can buy the actual e-book. You can m0ore very easily to read this book from a smart phone. The price is not too costly but this book has high quality.

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