

**Growing Beyond Survival: A Self-Help Toolkit For Managing
Traumatic Stress**

By Elizabeth G. Vermilyea

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Elizabeth G. Vermilyea is the author of Growing Beyond Survival (3.94 avg rating, 16 ratings, 0 reviews, published 2000) Elizabeth G. Vermilyea Author profile
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These resources are available to anyone looking for additional information about Trauma-Informed Care. Growing Beyond Survival: A Self Help Toolkit for Managing
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The Nebraska Domestic Violence Sexual Assault Coalition is a statewide advocacy organization committed to the prevention and elimination of sexual and domestic violence.

<http://ndvsac.org/growing-beyond-survival-a-self-help-toolkit-for-managing-traumatic-stress/>

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"Elizabeth Vermilyea offers trauma survivors a wealth of practical coping strategies in the context of a clinically sound rationale. Growing Beyond Survival

<http://www.amazon.com/Growing-Beyond-Survival-Self-Help-Traumatic/dp/1886968098>

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<http://www.svandeusenphd-stages.com/upload/Traumatic%20Stress%20Response.docx>

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Growing Beyond Survival by Elizabeth Vermilyea. Jul 10, 2015. This is a self-management workbook, this self-help toolkit is both comprehensive and flexible.

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