



Awakening Hope. A Developmental, Behavioral, Biological Approach to Codependency Treatment.

Mary Crocker Cook

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New Evolution in Codependency Treatment

Awakening Hope is the outcome of over 20 years of experience as a licensed therapist and college instructor combined with a devastating personal loss. Extensive knowledge and training in relationships didn't protect Mary from her own relationship mistake, and she was catapulted by pain into the research and development of a program to heal long-standing unhealthy relationship patterns in her life, and the lives of those she treats and teaches.

Awakening Hope explores the developmental attachment issues that lay the foundation for codependency; the anxious and avoidant behavioral patterns we develop in response; and the adrenal system damage accrued through years of hyper-arousal of a fight, flight, or flee response to anticipated broken attachments. Mary incorporates research, personal observation, case vignettes, and ultimately offers a plan for healing and relapse prevention.

You will discover:

- Explanations for lifelong patterns of anxiety in relationships that are grounded in research and clinical experience.
- Long established behavior patterns in relationships will "make sense" and you will have access to a clear path for change.
- The physical consequences of these long term patterns, and clearly see the connections between your anxious or avoidant codependent behaviors and physical illnesses that compromise your quality of life.
- A clear structure for treatment planning and relapse prevention planning is provided for personal use and clinical use by therapist treating codependent clients.

The Author:

Mary Crocker Cook, D.Min, LMFT, CADCI, IADCI has been a licensed Marriage and Family Therapist in San Jose, California for over 20 years, developed and currently coordinates the San Jose City College Alcohol and Drug Studies Program, is an adjunct instructor with the John F. Kennedy Graduate School of Clinical Psychology, and is the Founding Director of The IC&RC International Alcohol and Drug Counselor Certification Trust for India.

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