

Healing from Hidden Abuse

A Journey Through the Stages of Recovery from Psychological Abuse

Media Contact:
Bolt Public Relations
(214) 238-8045

shannonthomas@boltpr.com

FOR IMMEDIATE RELEASE

North Texas Therapist and Survivor Reveals Six Stages of Healing to Help Psychological Abuse Survivors Internationally

“Healing from Hidden Abuse,” A Book by Shannon Thomas, Delivers Roadmap to Recovery for Victims and Survivors

DALLAS – Feb. 21, 2017 – In her first self-published book, “Healing from Hidden Abuse,” Shannon Thomas narrates the raw and emotional journey that psychological abuse victims face. The 255-page book provides readers with a roadmap to recovery, including her Six Stages of Healing, which helps those suffering to wake up, heal and rebuild. A leading therapist and survivor herself, Shannon Thomas is one of the few in the field to bridge the gap between pop culture and clinical advice. A valuable tool for victims and therapists alike, “Healing from Hidden Abuse” is now spreading the message of recovery internationally, with registered host groups and book study clubs in eight countries and 27 states across the U.S.

Shannon Thomas explains, “Psychological abuse leaves no bruises. There are no broken bones. There are no holes in the walls. The bruises, brokenness, and holes are held tightly within the target of the abuse. There is so little understanding and step-by-step process for psychological abuse victims to find healing. As a counselor and survivor, I decided to shed light on the crippling effect of this hidden abuse and build the model of recovery to help targets go deeper with their healing.”

The Six Stages of Healing, as detailed in Shannon Thomas’ book, include:

1. Despair: The realization that life has become unmanageable.
2. Education: Learning the specific methods of psychological abuse.
3. Awakening: Awareness that other people have had similar experiences and recovery is possible.
4. Boundaries: Implementing emotional and/or physical distance with an abuser.
5. Restoration: Living purposefully to restore what was lost during the abuse.
6. Maintenance: Returning to earlier stages to heal at a deeper level and maintaining recovery from abuse.

Providing ongoing support for readers, as well as a tool for therapists to help their patients through healing, Shannon offers book study and host group opportunities, joining those who are on the same path. “Healing from Hidden Abuse” and Shannon’s Six Stages of Healing have been met with favorable reviews and high applause from readers and medical professionals domestically and abroad.

Shahida Arabi, author of “Becoming the Narcissist’s Nightmare” said, “Few writers are able to connect research, experience, and intuitive understanding as Shannon Thomas does in her groundbreaking new book. I highly recommend this life-saving book for survivors.”

For more information about Shannon Thomas and to purchase a copy of “Healing from Hidden Abuse,” visit <http://shannonthomas.com>.

About The Author

Shannon Thomas, LCSW is a licensed clinical social work supervisor, and the owner and lead therapist of an award-winning private practice-counseling agency in Southlake, Texas. Her passion is helping people overcome life challenges and seeing abuse survivors living to their fullest potential. She approaches her counseling work from the lens of a therapist and as a fellow survivor of psychological abuse.

About “Healing from Hidden Abuse”

Within every community, toxic people can be found hiding in families, couples, companies, and places of worship. Psychological abuse is all inclusive, happening all around the world and affecting all ages, genders, ethnicities and economic standings. “Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse” explains the ins and outs of psychological abuse and the steps needed to recover from it. Bridging clinical advice with pop culture language, Shannon Thomas shares a unique voice with her readers and followers. For more information and to purchase a copy of the book, visit <http://shannonthomas.com>.

#