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Christian Firus

The Long Shadow of Childhood

Overcoming Emotional Injuries and Traumas

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- Special focus: dissociation and overcoming it; passing on traumas to the next generation
- With tips and exercises

Emotional injuries and traumatic experiences in childhood can have an impact on a person's entire life. Even if the suffering occurred long ago, feeling, thinking and actions can still be impaired. Christian Firus looks at the whole range of traumatic experiences: This involves physical and sexual violence, as well as emotional injuries such as neglect, emotional abuse and unsuccessful bonding experiences. Firus devotes a separate chapter to the splitting off of traumatic experiences, which is called dissociation since this phenomenon occurs with much greater frequency than previously assumed. In the second part of the book, the experienced trauma therapist provides recommendations on how adults can cope with their »difficult childhood« and gain a greater enjoyment of life.

About the author

Christian Firus is a physician specialized in psychosomatic medicine and psychotherapy, psychiatry, trauma therapy and systemic therapy. He is a senior staff member at a rehabilitation clinic in the Black Forest region and author of a book. His areas of expertise include the further development of approaches to trauma therapy in groups, the treatment of depression and burnout, as well as promoting mental health.



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