



The Mosaic Mind: Empowering the Tormented Selves of Child Abuse Survivors

Regina A. Goulding, Richard C. Schwartz

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The idea that the healthy personality is naturally multiple is a major premise of Richard Schwartz's internal family system (IFS) model, and has special relevance for survivors of childhood sexual abuse. Trapped in a nightmare of abuse, denial and betrayal, some parts of the survivor absorb the pain while other parts try desperately to protect the survivor's life; such internal polarizations lead to extreme behaviours. This guide to the IFS model demonstrates how parts can be released from their extreme roles.

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