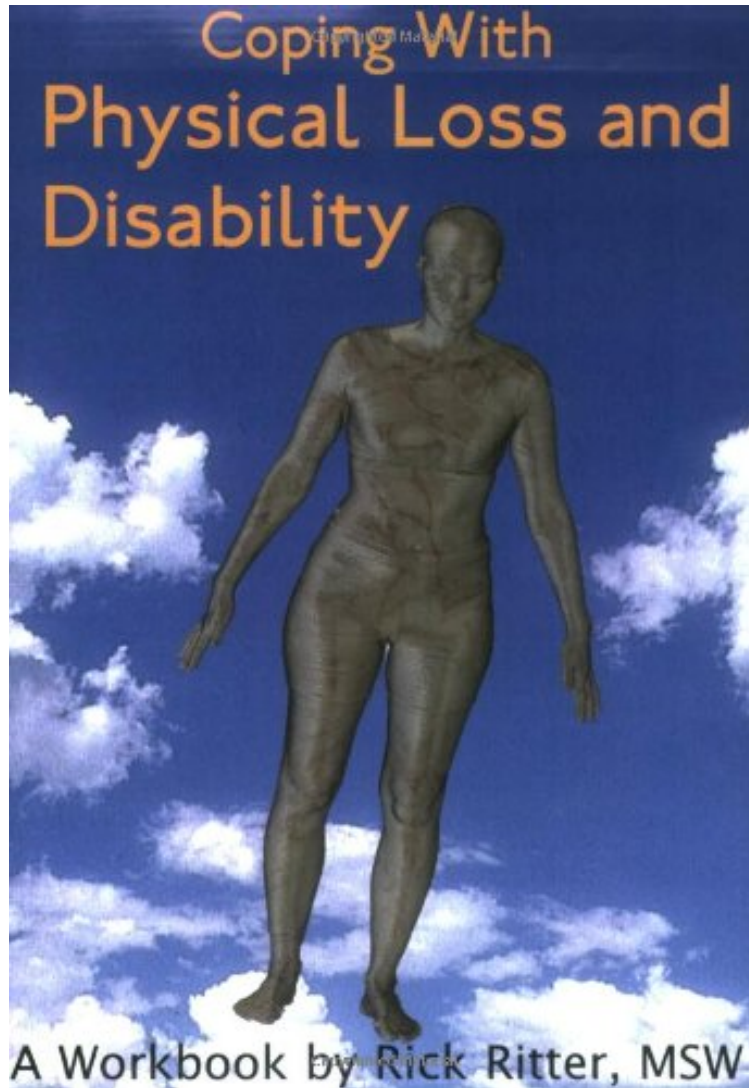


[Ebook pdf] Coping with Physical Loss and Disability: A Workbook (New Horizons in Therapy)

## Coping with Physical Loss and Disability: A Workbook (New Horizons in Therapy)

*Rick Ritter*

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**Rick Ritter : Coping with Physical Loss and Disability: A Workbook (New Horizons in Therapy)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Coping with Physical Loss and Disability: A Workbook (New Horizons in Therapy):

0 of 0 people found the following review helpful. Five Stars By Samantha Houska Very interesting and helpful 4 of 4

people found the following review helpful. The good, the bad, the ugly, and in the end, the great! By J. A. Howe "Coping with Physical Loss and Disability" by Rick Ritter, MSW, is a jarring book at 92 pages. When I first got it, I thought it would be a regular self-help book, and I admit I was skeptical. But I opened it and it turned out to be a workbook. There are six sections of the book, going from what your original loss was to how you could ask for and get help for it. In fact, I really had to consider that particular question. "Describe your loss in detail" was another. That was one of those where I had to write my feelings, and like many with disabilities I've told the story so many times, I figured I'd gotten it to a science. It was a blah story with which I started out, therefore; one I'd told a million times. Then, something happened inside of me. I got angry. I don't do that too much; usually I'm at most irritated and that's that. Life is irritating to me these days for various personal reasons, so that was what the answer was like till that particular switch in my head went off. All of a sudden, there was a real answer. I actually started yelling "What? You want to know about the stupid primary care physician who said one leg was shorter than the other, when it turned out I had a blood clot in it? You want to know about my parents? What...?" In the end, the question tore something out of me that I hadn't expected at all. If you read this book, be prepared to do it slowly. At the end, you'll find a section of resources that is very intense. The author even stuck in movies that deal with disability! The book itself will take you to places inside that you didn't know existed, like that bit of anger -- believe me, I had more than one of those. I cried, I threw things, I felt sorry for myself, I sat for long periods of time thinking hard about questions my mind refused to answer but that on the other hand it wanted to. That test of my own will-power hurt a lot sometimes. But believe me when I say, it's very much worth it. "Coping with Physical Loss and Disability: A Workbook" - Rick Ritter, MSW; Loving Healing Press 2006. 0 of 0 people found the following review helpful. A Must Have For The Professional's Reference Library By LAURI CRUMLEY COATES Coping With Physical Loss and Disability Author: Rick Ritter, MSW Publisher: Loving Healing Press ISBN: 978-1-932690-18-7 Rick Ritter, a social worker, veteran, and himself disabled certainly knows about this topic. Written in an easy to comprehend and easy to use workbook style, it's outstanding as a reference tool. All facets of dealing with disability are covered: the physical, spiritual, mental and emotional, as well as the actual practical logistical adjustments that need to be made. Coping with a physical loss and disability is difficult, and attempting to work through the emotional, financial, logistical, family and other areas of change can seem hugely daunting. Knowing where to start can be an immense help. Ritter's workbooks offers just that kind of help, and in an easy to understand series of questions. Through honest answers to these questions, you can learn the best method of dealing with your difficulties. You will learn how to establish a support system of caring professions, family and friends. You will be led through the process of setting your daily schedule, rehabilitation and recovery, along with determining realistic short and long term goals. Additionally, the author includes an extensive list of suggested readings, films on pertinent issues and an excellent guide to therapeutic techniques. Also helpful is the listing of available organizations, foundations and associations, including organizations that support sports for persons with disabilities. A specific section of the workbook is prepared especially for therapists and will prove most helpful to professionals in assisting their clients with disabilities. An outstanding resource for anyone dealing with a disability, professionals in all areas of therapy as well as friends, family and caretakers of the disabled. Highly recommended as a permanent part of the professional's reference library.

This workbook provides more than 50 questions and exercises designed to empower those with physical loss and disability to better understand and accept their ongoing processes of loss and recovery. The exercises in Coping with Physical Loss and Disability were distilled from ten years of clinical social work experience with clients suffering from quadriplegia, paraplegia, amputation, cancer, severe burns, HIV/AIDs, and neuro-muscular disorders arising from accidents, injury, and disease. Series Info Coping with Physical Loss and Disability: A Workbook is the second book in the New Horizons in Therapy Series. This series is specifically designed to empower clients to work on their own in a therapeutic setting. As many therapists will state, it's often what the client does outside the session that can make the biggest difference in recovery.

"Rick Ritter captures the depth of the emotional pain in the aftermath of physical loss and disability." -- Rev. James W. Clifton, Ph.D., LCSW "The examples given by the author are very relevant and will help the sufferer relate to similar situations." -- S.V. Swamy, Holistic Healer and editor of Homeopathy For Everyone It helped me identify feelings I was unaware of, like anger, and I put on paper how lonely I am. -- J.B., a reader who has used this book to change her life. This workbook is a very good stimulus for focusing on issues crucial for better coping with loss and disability. -- Beni R. Jakob, Ph.D, Israeli Arthritis Foundation (INBAR) About the Author Rick Ritter, MSW, a disabled veteran and social worker, has worked with more than a hundred clients who have experienced physical loss and disability. This workbook is a distillation of the very best questions and exercises to draw the client towards re-taking control of their life. He has competed in international events for disabled athletes. Ritter was also a major contributor to got parts? An Insider's Guide to Managing Life Successfully with Dissociative Identity Disorder. He currently resides in Ft. Wayne, Indiana.