

# ACOA Trauma Syndrome: The Impact of Childhood Pain on Adult Relationships



Growing up in a home where there is addiction or relationship trauma puts a child at great risk for long-term, post-traumatic stress effects that adversely compromise adult relationships. Best-selling author, psychologist, and psychodramatist Tian Dayton examines this trauma through an exploration of the way the brain and body process frightening or painful emotions and experiences in childhood. She shows how these traumas can become catalysts for unhealthy, self-medicating behaviors including drug and alcohol abuse, food issues, and sex, gambling, and shopping addictions.

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