

gabor mate documentary

gabor mate documentary films have gained significant attention in recent years for their insightful exploration of mental health, addiction, trauma, and holistic healing. Dr. Gabor Maté, a renowned physician and author, is widely recognized for his compassionate approach to understanding the root causes of addiction and mental illness. This article delves into the most notable gabor mate documentary productions, highlighting their themes, impact, and relevance in contemporary discussions on psychological well-being. By examining the key aspects of these documentaries, readers will gain a comprehensive overview of Dr. Maté's approach and the scientific and emotional insights presented. The article also outlines the benefits of watching these documentaries for professionals and individuals seeking a deeper understanding of trauma-informed care.

- Overview of Gabor Maté and His Work
- Notable Gabor Maté Documentaries
- Key Themes Explored in Gabor Maté Documentaries
- Impact and Reception of the Documentaries
- How to Access Gabor Maté Documentaries

Overview of Gabor Maté and His Work

Dr. Gabor Maté is a Hungarian-Canadian physician who has become a leading voice in the fields of addiction, trauma, and mental health. His work emphasizes the connection between early childhood experiences, emotional trauma, and the development of various illnesses, including substance use disorders. Maté's compassionate approach challenges conventional medical models by focusing on the root causes rather than just symptoms. His philosophy integrates neuroscience, psychology, and social factors, providing a holistic framework for healing.

Maté's extensive career includes clinical practice, writing, and public speaking, contributing to greater awareness of trauma-informed care. His insights have been featured in several documentaries that showcase his expertise and personal philosophy.

Notable Gabor Maté Documentaries

Several documentaries have brought Dr. Gabor Maté's work to a broader

audience, each offering unique perspectives on trauma, addiction, and healing. These films are valuable resources for understanding the complexities of mental health through Maté's lens.

"The Wisdom of Trauma"

One of the most prominent Gabor Maté documentary films, "The Wisdom of Trauma," explores the profound impact of trauma on human health and behavior. The documentary features in-depth interviews with Dr. Maté, discussing how unresolved trauma can manifest as addiction, chronic illness, and mental health disorders. It emphasizes the necessity of compassion and self-awareness in healing.

"In the Realm of Hungry Ghosts"

This documentary is based on Dr. Maté's bestselling book of the same name and focuses on the opioid crisis in Vancouver's Downtown Eastside. It reveals the social and psychological dimensions of addiction, illustrating Maté's belief that addiction is not a choice but a response to trauma and pain. The film combines personal stories, expert commentary, and Maté's analysis to provide a comprehensive view of addiction treatment.

Other Documentary Appearances

Dr. Maté has appeared in numerous other films and interviews that explore related topics such as stress, parenting, and the mind-body connection. These appearances further cement his role as an influential thinker in health and wellness circles.

Key Themes Explored in Gabor Maté Documentaries

Gabor Maté documentaries consistently explore several interconnected themes crucial to understanding human suffering and healing.

Trauma and Its Long-Term Effects

Central to Maté's work is the concept that early childhood trauma profoundly affects brain development and emotional regulation. Documentaries highlight how adverse experiences can lead to chronic stress, impacting physical and mental health in adulthood.

Addiction as a Response to Pain

Another critical theme is the reframing of addiction from a moral failing to a coping mechanism for unresolved trauma. The documentaries explore how addictive behaviors serve as attempts to soothe emotional pain.

Compassionate Healing and Mindfulness

Maté advocates for a compassionate approach to treatment, emphasizing empathy, connection, and mindfulness practices. The films showcase therapeutic methods that prioritize understanding and acceptance over punishment or stigma.

Social and Environmental Factors

The documentaries also examine the role of social determinants such as poverty, isolation, and systemic inequality in exacerbating mental health challenges and addiction.

- Neuroscience of trauma and addiction
- The role of early childhood environment
- Mind-body connection in healing
- Community and social support as recovery tools

Impact and Reception of the Documentaries

The Gabor Maté documentary productions have been widely praised for their groundbreaking perspectives and compassionate messaging. Professionals in healthcare, psychology, and social work have found these documentaries useful for training and education. The films have also resonated with general audiences seeking to understand the complexities of mental health beyond conventional narratives.

These documentaries have contributed to greater public discourse on trauma-informed care and have influenced policy discussions around addiction treatment and mental health services. Viewers often report increased empathy and a deeper understanding of the challenges faced by those with addiction and trauma histories.

How to Access Gabor Maté Documentaries

Many Gabor Maté documentary films are available through various platforms, including streaming services, educational distributors, and direct purchases from official websites. Accessing these documentaries can be beneficial for professionals and individuals alike.

Some tips for finding and watching these documentaries include:

- Checking major streaming platforms for titles like “The Wisdom of Trauma” and “In the Realm of Hungry Ghosts.”
- Visiting Dr. Gabor Maté’s official channels or affiliated organizations’ websites for viewing options.
- Exploring educational or library resources that may offer access to these films for study or training.

Engagement with these documentaries offers an opportunity to deepen understanding of trauma, addiction, and healing through one of the most respected voices in the field.

Frequently Asked Questions

Who is Gabor Maté and why is he featured in documentaries?

Gabor Maté is a renowned physician and author known for his work on addiction, trauma, and mental health. Documentaries featuring him explore his insights on the connection between emotional trauma and physical illness.

What is the main focus of the Gabor Maté documentary?

The main focus of Gabor Maté documentaries is to highlight the impact of childhood trauma on addiction and mental health, and to promote compassionate approaches to healing.

Where can I watch Gabor Maté documentaries?

Gabor Maté documentaries are available on streaming platforms like Netflix, Amazon Prime, YouTube, and some independent documentary websites.

Does Gabor Maté discuss addiction in his

documentary?

Yes, addiction is a central theme in Gabor Maté's documentaries, where he explains addiction as a response to emotional pain and trauma rather than just a behavioral issue.

What are some key takeaways from Gabor Maté's documentary?

Key takeaways include understanding the role of early childhood experiences in shaping mental health, the importance of compassion in treatment, and the biological and psychological roots of addiction.

Has Gabor Maté produced any recent documentaries?

Yes, recent documentaries featuring Gabor Maté include titles like "In the Realm of Hungry Ghosts" and "The Wisdom of Trauma," which have gained widespread attention.

How does Gabor Maté's approach differ from traditional addiction treatment?

Maté's approach emphasizes understanding addiction as a response to trauma and prioritizes empathy and healing rather than punishment or solely medical intervention.

What kind of audience benefits most from watching a Gabor Maté documentary?

Healthcare professionals, educators, individuals struggling with addiction, and anyone interested in mental health and trauma-informed care benefit greatly from his documentaries.

Are there any critiques or controversies related to Gabor Maté's documentary?

Some critics argue that Maté's emphasis on trauma as the root cause of addiction may overlook other factors, but many praise his compassionate and holistic perspective.

How can watching a Gabor Maté documentary impact viewers?

Watching Gabor Maté documentaries can increase awareness about the complexities of addiction and trauma, reduce stigma, and inspire more compassionate approaches to mental health treatment.

Additional Resources

1. *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

Dr. Gabor Maté explores the complex nature of addiction, drawing on his experience working with patients in Vancouver's Downtown Eastside. The book delves into the psychological, emotional, and social factors that contribute to addictive behaviors, emphasizing compassion over judgment. It also offers insight into healing and recovery, challenging conventional approaches to addiction treatment.

2. *When the Body Says No: The Cost of Hidden Stress*

This book examines the connection between stress and chronic illness, revealing how suppressed emotions and psychological distress can manifest physically. Maté presents compelling case studies and scientific research to illustrate how denial and emotional repression contribute to disease. The work encourages readers to listen to their bodies and understand the impact of stress on overall health.

3. *Scattered Minds: The Origins and Healing of Attention Deficit Disorder*

Dr. Maté provides a comprehensive look at Attention Deficit Disorder (ADD), focusing on its roots in early childhood trauma and emotional environment. He challenges mainstream medical views by highlighting the importance of empathy and understanding in treatment. The book offers practical advice for parents and individuals living with ADD, emphasizing healing through connection.

4. *Hold On to Your Kids: Why Parents Need to Matter More Than Peers*

Co-authored with Gordon Neufeld, this book explores the critical role of parental attachment in child development. It argues that peer orientation can undermine healthy growth and lead to behavioral and emotional issues. The authors provide strategies for strengthening parent-child bonds to promote resilience and well-being.

5. *The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture*

In this recent work, Maté addresses the cultural and societal factors that contribute to widespread physical and mental health issues. He critiques modern lifestyle and social structures that perpetuate trauma and disconnection. The book calls for a paradigm shift toward healing that acknowledges the role of environment and community.

6. *Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror*

Though not authored by Maté, this seminal book by Judith Herman complements his work by providing a foundational understanding of trauma. It outlines the stages of recovery and the impact of trauma on individuals and societies. The book is a key resource for those interested in the psychological effects of trauma and pathways to healing.

7. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

Bessel van der Kolk's influential book aligns with themes in Maté's work by exploring how trauma affects the brain and body. It presents various therapeutic approaches for trauma recovery, emphasizing the integration of

mind and body in healing. The book has become essential reading for understanding trauma's lasting impact.

8. *Attached: The New Science of Adult Attachment and How It Can Help You Find – and Keep – Love*

This book explores attachment theory, a key concept in Maté's approach to emotional health. It explains different attachment styles and their influence on relationships and personal well-being. The insights offered help readers develop healthier connections and emotional resilience.

9. *Lost Connections: Uncovering the Real Causes of Depression – and the Unexpected Solutions*

Johann Hari investigates the roots of depression and anxiety, echoing Maté's emphasis on social and environmental factors. The book challenges the dominant pharmaceutical approach and advocates for addressing underlying disconnection in society. It offers hopeful alternatives for healing through reconnection and community.

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gabor mate documentary: *The Miracle of Plant Medicine and The Practice of Yoga* Colette Marie, 2018-04-15 The contents of this book reveal some of the hidden truths regarding the use of psychedelic and psychoactive plant medicine as a form of expanding consciousness through the practice of yoga and meditation. It is this bond of plant medicine and the practice of yoga, that Colette Marie, chooses to explore and therefore share her findings, compiled from a variety of worthy sources to support her claims and query regarding the ancient practice of yoga and it's connection to various plant medicine rituals, still experienced today. Colette Marie shares her own life experience, as a highly regarded teacher of yoga, combined with the experience of engaging with plant medicine, psychedelic and psychoactive in nature, to elevate, expand and explore her own consciousness.

gabor mate documentary: Summary of The Myth of Normal by Gabor Maté: Trauma, Illness, and Healing in a Toxic Culture GP SUMMARY, 2023-04-19 **DISCLAIMER** This book does not in any capacity mean to replace the original book but to serve as a vast summary of the original book. Summary of The Myth of Normal by Gabor Maté: Trauma, Illness, and Healing in a Toxic Culture IN THIS SUMMARIZED BOOK, YOU WILL GET: - Chapter astute outline of the main contents. - Fast & simple understanding of the content analysis. - Exceptionally summarized content that you may skip in the original book Gabor Maté's The Myth Of Normal is a groundbreaking investigation into the causes of illness, a critique of how our society breeds disease, and a pathway to health and healing. It examines how chronic illness and general ill health are on the rise in Western countries, and how trauma and stress, and the pressures of modern-day living, exert on our bodies and minds. Maté brings his perspective to the great untangling of common myths about what makes us sick and offers a compassionate guide for health and healing.

gabor mate documentary: When Men Buy Sex: Who Really Pays? Andrea Heinz, Kathy King, 2024-01-05 Andrea Heinz, former sex seller, and Kathy King, bereaved mother, invite readers to confront the dark reality of prostitution and its connection to human trafficking. This contemporary literature review is accompanied by voices of experiential women, a former sex buyer, and noteworthy guest contributors. The authors shine light on a variety of topics including systemic drivers of oppression, legal considerations of buying sex, pornography, and the impact of societal complicity. This must-read book provides hope that humanity can be healthier and stronger once every person is afforded equality, respect, and dignity.

gabor mate documentary: Grow Thyself Haseeb T Hasan, 2025-02-27 GROW THYSELF Comes with a personalized AI Coach Do you have a desire to grow into the best version of yourself? If you've ever felt stuck in old patterns, overwhelmed by insecurities, or uncertain about how to create meaningful change, Grow Thyself offers a way forward. This isn't just another self-help book - it's a guide to self-discovery, overcoming inner barriers, and taking action toward a fulfilling life. Rooted in the AAA Formula: Awareness, Acceptance, and Action, this book helps you navigate life's complexities while maintaining balance, joy, and progress. Through personal stories, reflection exercises, and practical tools, it empowers you to cultivate lasting habits, enhance creativity, and strengthen your character. Life, much like nature, moves through seasons of transformation: Spring - A time of learning, self-discovery, and planting the seeds of change. Summer - A phase of action, growth, and embracing opportunities. Autumn - A moment of reflection, harvesting wisdom, and refining direction. Winter - A season of deep introspection, letting go, and preparing for renewal. Wherever you are in your personal journey, Grow Thyself provides insights and exercises to help you align with your season of life and move forward with clarity. This book comes with an AI Bot - your very own Personalized AI Coach! By filling out a questionnaire, you'll receive tailored guidance on your growth journey. www.intekworld.com/aicoach/ Ready to grow into the best version of yourself? Take a look at the 40 transformative chapters that offer not just compelling insights, but also practical exercises, meditations and action points to accelerate your growth in often neglected areas. Section 1: Expand AWARENESS of Self Chapters: Expand Your Self-Awareness - The Power of Self-Reflection - Mindsets | Paradigms | Beliefs - State of Mind vs. Frame of Mind - Stories We Create in Our Minds - Memories - Blessing or Curse? - Understand Your Cycles Section 2: ACCEPT - Overcome Your Barriers Chapters: Is Your Past Standing In Your Way? - What Do I Need to Unlearn? - Conquer your Ego - Rise above Insecurity - Challenging the Comfort Zones - Understand the Power of Emotions - Procrastination - The Enemy Within - How Bored Are You? - Are You Burnt Out? Section 3: Recreate Yourself - ACTION Chapters: Work In Progress - Want + Price - Expanding Your Risk-Taking Ability (RTA) - Find Your Ikigai - Recreate Progressive Habits - Managing Self - Nurture Your Creativity - Cultivating Social Skills - Improve Your Decision Making - Redesign Your Communication - Strengthening Your Character - Enhance Your Wisdom - Train The Untrained Mind - Nurture Your Resilience & Bounce From Setbacks - The Will To Live - Improving Your Self-Esteem - Relationship With Self - Self Love - Maintaining Physical Health - Mindful Practices To Heal - Spirituality - Connecting To Your Higher Self - Happiness - Keep Yourself Motivated - Manage Your Relationships - Embracing Change And Uncertainty - The New Normal □ A Gift That Keeps Giving This book is not just for you—it's a perfect gift for a friend or loved one who may be struggling to unlock their potential. Grow Thyself is the ultimate self-coaching guide that will keep transforming lives. □ Perfect for: Self-improvement seekers, professionals, and those wanting clarity in life. □ Practical & Engaging - Includes exercises, meditations, and actionable strategies to implement real change. □ Bonus AI Tool - Get a customized self-growth plan tailored to your journey. About the Author With over 30 years of coaching experience across 46 countries, Haseeb T. Hasan has transformed lives through leadership retreats, self-development programs, and corporate coaching. Following a near-death experience, he distilled decades of wisdom into this self-coaching masterpiece, offering readers practical strategies to master their personal and professional lives. □ Contact: haseeb@intekworld.com | YouTube: Zaufyshan & Haseeb T. Hasan | www.intekworld.com □ Ready to break barriers and grow into your best self? Start your transformation today with Grow

Thyself! □

gabor mate documentary: *Trauma-Sensitive Schools* Susan E. Craig, 2016 Growing evidence supports the important relationship between trauma and academic failure. Along with the failure of zero tolerance a new understanding of children's disruptive behaviour, educators are changing the way they view children's academic and social problems. In response the trauma-sensitive schools movement presents a new vision for promoting children's success. This book introduces this promising approach and provides K - 5 education professionals with clear explanations of current research and dozens of practical, creative ideas to help them: view poor academic and social progress through a trauma-sensitive lens; create a school climate that fosters safety and resiliency in vulnerable children; establish relationships with children that support their efforts to self-regulate; design instruction that reflects the social nature of the brain; work with the brain's neuroplasticity to increase children's executive function; and reduce teacher attrition in high-risk schools by decreasing secondary traumatic stress. Integrating research on children's neurodevelopment and educational best practices, this important book will build the capacity of teachers and school administrators to successfully manage the behaviour of children with symptoms of complex developmental trauma.

gabor mate documentary: *Recovering from Childhood Trauma* Nathaniel Magnus, 2025-09-22 Your past shaped you, but it doesn't have to define you. Have you ever felt like your life is weighed down by old fears? Do you notice the same draining relationships repeating, even when you try to change? Do you wonder why peace feels distant, no matter how much effort you put in? Childhood trauma leaves marks that are often unseen but still shape how you think, feel, and connect with others. Growing up with neglect, criticism, or chaos can create wounds that echo into adulthood—long after the original pain is gone. But those wounds don't have to decide the rest of your life. This book is a guide to loosening the grip of the past. Written with compassion and clarity, it speaks to survivors who have been told to "move on" without anyone asking how. It acknowledges the silence that often surrounds trauma and gives language to experiences that have gone unnamed for too long. Through these pages, you will find not just explanations but clear paths forward. Healing is not about erasing what happened—it's about creating space for safety, stability, and a life that feels like your own. You'll love this book because you'll save countless hours learning how to: Recognize family roles and spoken or unspoken rules that still shape your choices today. Release limiting scripts passed down through generations. Identify signs of inherited trauma and find ways to process family history, even without direct reconciliation. Understand repeated struggles in relationships and practice forming bonds that feel safer and more supportive. Tell the difference between trauma responses and harmful behaviors, and take responsibility for growth without falling into shame. Create practical strategies for emotional regulation and self-care that carry you through difficult moments. Begin living with a sense of peace no longer tied to the past. The end result: more freedom in your daily life, calmer connections, and the ability to move through the world with greater stability and self-trust. You may be thinking: "I've tried before, and it didn't work." Or, "My story is too heavy to change." This book meets those fears head-on. Healing doesn't mean pretending the past never happened. It means having the tools to shape something different—something lasting. If you've carried silent pain for years, if you're tired of cycles repeating, or if you've questioned whether peace is possible, this book is for you. Take your next step into a calmer, freer life—one where healing has room to grow and peace can stay. Your healing matters, and it can begin right here.

gabor mate documentary: *The Winning Family* Dr. Louise Hart, Kristen Caven, 2022-08-31 "Self-esteem must start with the family. The Winning Family needs to be in every home." —Dr. Michele Borba, author of *Thrivers*, *UnSelfie*, and *The Big Book of Parenting Solutions* Our families can fill us with joy or bother us with constant, even unconscious, power struggles throughout our lives. This new, revised edition of *The Winning Family* shows a new generation of parents exactly how to strengthen children with positivity and empathy by building instead of tearing down, and responding instead of reacting. Step by step, this beloved book teaches crucial parenting techniques

that break intergenerational blame/shame/enabling patterns and help children develop skills to become confident, capable adults with self-worth and healthy self-concepts. Dr. Louise Hart and Kristen Caven, a mother-and-daughter writing team, have packed *The Winning Family* with the latest information, helpful tips, and insightful personal stories from four generations. They present powerful, practical tools in a simple and easy-to-use way. As you abandon unhealthy, ineffective coping mechanisms, you will build ·Deep inner confidence and a positive, realistic sense of self ·The ability to create healthy boundaries and structure ·Effective ways to instill self-discipline and internal motivation ·Skills for honest, kind communication to resolve and prevent conflict ·Positive attitudes that turn obstacles into opportunities for growth ·Emotional intelligence to better understand and process feelings, and ·The resilience to handle change and solve problems. If you have young children, teenagers, adult children, special needs children, or even no children (and you want to gain insight into your own childhood), or if you are a teacher, a caregiver, or an adult who works with kids, this book is for you. In fact, this book helps anyone who's ever been in a family—because the same tools that build self-esteem in the first place can also be used to repair damaged self-esteem later on. *The Winning Family* is a must-have guide for creating a safe, supportive, empowering family where everyone wins—and a better world begins.

gabor mate documentary: *Becoming a Champion of Joy! How to quit despair, embrace fulfilment and become your greatest heroine* Eulalia Codipietro, 2024-10-11T00:00:00Z On September 2, 2022, following a doctor's visit where I was given some ominous news about my health, something clicked in my life. I stopped looking for happiness, and refocused on the person I was before the series of events that had turned my life upside down. In this way, I rediscover the confident person I was before, able to unfold my unlimited potential and activate my primary driving force : joie de vivre. This guide explains the keys to joy that I've collected along the way. It also shows how, by correcting my mistakes, I rediscovered the red thread of my authentic essence and came to live fully in joy. Weaving together episodes from my personal life and my professional experience, it presents the mechanisms underlying personal development towards joy and the essential keys to understanding and overcoming life's challenges. This book is for you, Champion of Joy : you, too, despite the circumstances that currently overwhelm your life, have the power to come to terms with your past, to return to your unlimited potential, and to realize your full potential !

gabor mate documentary: *Unfuck Your Shame* Dr. Faith G. Harper, 2024-07-01 Shame and guilt are perhaps the most difficult emotions humans experience. They tell us we are fundamentally broken, wrong, and unsalvageable—and then we operate in the world from that self-concept. Dr. Faith G. Harper, bestselling author of *Unfuck Your Brain* and *Unfuck Your Stress*, writes that these emotions often result from our sense of not-enough-ness and the overwhelming feeling that we need to hide parts of ourselves in order to be loved and accepted. But we don't need to keep going through life feeling guilty, ashamed, and disconnected from ourselves. With compassion, humor, brain science, and swearing, she guides us through the difficult shadow work of finding and reconnecting with these hidden parts and learning to accept our whole selves to regain our sense of vitality and completeness. Because we each deserve the experience of being a fully alive human.

gabor mate documentary: *Chasing the Scream* Johann Hari, 2015-01-20 The New York Times Bestseller *The Book Behind the Viral TED Talk* For the first time, the startling full story of the disastrous war on drugs--propelled by moving human stories, revolutionary insight into addiction, and fearless international reporting. What if everything you think you know about addiction is wrong? One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not be able to. As he grew older, he realized he had addiction in his family. Confused, unable to know what to do, he set out on a three-year, 30,000-mile journey to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their war on drugs--with extraordinary results. His discoveries led him to give a TED talk and animation which have now been viewed more than 25 million times. This is the story of a life-changing journey that

showed the world the opposite of addiction is connection.

gabor mate documentary: From Trauma to Freedom: A Path to Healing from Sexual Abuse with Jesus Christ Adriano Leonel , 2025-01-21 From Trauma to Freedom: A Path to Healing from Sexual Abuse with Jesus Christ Have you ever felt like you carry invisible wounds that no one can see? Have you struggled with shame, fear, and guilt, wondering if you will ever be free? This book is not just a read—it is a journey of transformation. Written by someone who knows firsthand the pain of abuse and the weight of trauma, “From Trauma to Freedom: A Path to Healing from Sexual Abuse with Jesus Christ” delves into the depths of human emotions and emerges with practical tools, messages of hope, and spiritual truths capable of restoring even the most broken hearts. Here, you will find courage to face your past, strength to break invisible chains, and faith to rebuild your identity in Christ. This powerful work includes: Real, moving stories that show how it is possible to overcome abuse and trauma. Practical tools and biblical advice for healing emotional and spiritual wounds. In-depth guidance for families and leaders on how to protect children and youth from abuse. Deep reflections on forgiveness and deliverance for those struggling to let go of the pain of the past. Powerful prayers that touch the heart and bring peace to the soul. If you have ever been hurt, neglected, or abused—or know someone who needs help—this book is for you. Prepare to be touched, challenged, and healed. Written with tears and prayer, each page carries the promise that you are not alone and that there is healing, restoration, and a new beginning in Christ. God does not waste pain—He transforms. Let this message resonate in your heart: “Your past does not define who you are. God does.” Be set free. Be restored. Live again. Get it now and begin your journey toward healing and deliverance!

gabor mate documentary: Revolutionized Psychology Based on Science Frances Grace Rogers, 2022-11-03 This revolutionized concept of mental functioning encourages personal growth and development; it also advances self-knowledge, including the human capacity for wholeness and mental health. A major emphasis is the human spirit evidenced in fortitude, humane values, reverence for life, and wisdom--that which is true, right, and lasting.

gabor mate documentary: Raised by Narcissists Sarah Davies, 2024-09-19 'One of Britain's leading experts on narcissism' The Times Was your childhood dysfunctional? Was your parent more like a demanding child than a loving caregiver? Perhaps your parent is a narcissist. Raised by Narcissists helps you identify parental narcissism and narcissistic abuse to understand the harmful dynamics at play in a toxic family environment - and shows you how to heal and move forward with your life. You will learn how to: - Manage an ongoing relationship with your parent, including going low-contact and no-contact - Address fractured family relationships - Combat inherited negative self-beliefs and unhealthy thought patterns - Break the trauma cycle to build a loving family of your own Our childhoods shape us, but they are not a life sentence. Compassionate and practical, Dr Sarah Davies draws on clinical expertise and personal experience to acknowledge the complexity of being a narcissist's child and repair the damage from your upbringing.

gabor mate documentary: Applying the Therapeutic Function of Professional Supervision Nicki Weld, 2023-04-10 This book brings a fresh approach and conversation to the practice of professional supervision for human services by specifically articulating its often performed, but unnamed and under-explored therapeutic function. The discussion of the therapeutic function is timely given the rising complexities in our world, and the increasing awareness of emotional impacts of human service work. These impacts include stress, distress, emotional labour, indirect trauma, and direct trauma. Posing a challenge and invitation to supervisors to comfortably inhabit the therapeutic function of supervision to increase emotional support to workers, it places safe practice and worker wellbeing at the heart of supervision to enable high quality service delivery for often the most vulnerable in society. While underpinned by theory, it is written to be practically applied and is developed from a 'lived experience' perspective, offering a unique glimpse into actual practice. By modelling one of the main aims of professional supervision, which is to facilitate and enable the integration of experience into learning and knowledge, it will be of interest to all practitioners across a broad range of human services, particularly both new and experienced supervisors.

gabor mate documentary: Healing What's Within Chuck DeGroat, Alison Cook, 2024-10-08 If you're like many of us, you carry a weight of buried pain. Despite looking put together on the outside, you feel secretly fractured within. While you appear strong and resilient on the outside, inside a storm brews of all the ways you've been hurt or harmed. There's a constant churn of unprocessed feelings of shame, anger, grief, or loneliness. And your body tells the story of its struggles in a myriad of aches and ailments. Little by little, you find yourself becoming disconnected from who you truly are. Not knowing what to do with your suffering and fearing you'll be hurt again, you've learned to cope, to numb and suppress the ache within.--

gabor mate documentary: Bring yourself to work Timmie De Pooter, 2022-02-07 Learn to lead your team with this book! Do you struggle with your role as a leader? Does leading a team or organisation leave you drained and without energy? And how can you build an organisation where people love to work and achieve results at the same time? Timmie de Pooter has run a staffing and recruitment business for over 15 years. Together with his team, he managed to quadruple revenues, build a strong culture, and serve a broad range of customers (both SMEs and corporate). At the same time, he struggled with his role as a leader and the energy drain that came with his job. In this book, he relates how he overcame these struggles. Inside you will find tips on how to become a better leader, successfully lead a team or organisation and build humane organisation that achieves beautiful things. And how leading others can actually become... enjoyable. This book will help you overcome struggles with yourself and your team. It will teach you how to take care of yourself and gain a deeper understanding of who you are as a leader, how to connect with yourself and your colleagues and how you can lead your team to greater things. A practical book full of good advice! ABOUT THE AUTHOR Timmie de Pooter has run a family business in staffing and recruitment for more than 15 years. He lives in Ghent (Belgium) with his family. He works as a coach and consultant. 'Bring yourself to work' is his first book.

gabor mate documentary: Women Without Kids Ruby Warrington, 2023-03-28 "The work Ruby is doing is liberating." —Glennon Doyle, New York Times bestselling author of Untamed "A startling, confronting, and liberating treatise." —Holly Whitaker, New York Times bestselling author of Quit Like a Woman What is "woman" if not "mother"? Anything she wants to be. Foregoing motherhood has traditionally marked a woman as "other." With no official place setting for her in our society, she has hovered on the sidelines: the quirky girl, the neurotic career obsessive, the "eccentric" aunt. Instead of continuing to paint women without kids as sad, self-obsessed, or somehow dysfunctional, what if we saw them as boldly forging a first-in-a-civilization vision for a fully autonomous womankind? Or as journalist and thought leader Ruby Warrington asks, What if being a woman without kids were in fact its own kind of legacy? Taking in themes from intergenerational healing to feminism to environmentalism, this personal look and anthropological dig into a stubbornly taboo topic is a timely and brave reframing of what it means not to be a mom. Our experiences and discourse around non-motherhood are central to women's ongoing fight for gender equality. And whether we are childless by design or circumstance, we can live without regret, shame, or compromise. Bold and tenderhearted, Women Without Kids seeks first and foremost to help valorize a path that is the natural consequence of women having more say about the choices we make and how our lives play out. Within this, it unites the unsung sisterhood of non-mothers—no longer pariahs or misfits, but as a vital part of our evolution and collective healing as women, as humans, and as a global family.

gabor mate documentary: Strong like Water Aundi Kolber, 2023-03-21 There's a cost to being a certain kind of strong. When it comes to difficult circumstances, we've all heard the platitudes: "No pain, no gain." "What doesn't kill you makes you stronger." But if we spend our lives trying to be "the strong one," we become exhausted, burned-out, and disconnected from our truest selves. What if it were different? Could there be a different way to be strong? Could strength mean more than pushing on and pushing through pain, bearing every heavy burden on our own? What if, instead, true strength were more like the tide: soft and bold, fierce and gentle, moving together as one powerful force? In Strong like Water, author and trauma therapist Aundi Kolber offers a

framework for true flourishing. With each page, you'll: Learn how your nervous system shapes your experience so that we can move through pain instead of being stuck in it. Explore various practices, rhythms, and resources to support you in challenging circumstances with compassion and hope. Discover how to internalize connection, love, and safety—empowering you with greater resilience. A different, more expansive way of healing, wholeness, and possibly—especially—strength is possible. We were made to be strong like water.

gabor mate documentary: Medicine Unbundled Gary Geddes, 2017-02-15 We can no longer pretend we don't know about residential schools, murdered and missing Aboriginal women and 'Indian hospitals.' The only outstanding question is how we respond. —Tom Sandborn, Vancouver Sun A shocking exposé of the dark history and legacy of segregated Indigenous health care in Canada. After the publication of his critically acclaimed 2011 book *Drink the Bitter Root: A Writer's Search for Justice and Healing in Africa*, author Gary Geddes turned the investigative lens on his own country, embarking on a long and difficult journey across Canada to interview Indigenous elders willing to share their experiences of segregated health care, including their treatment in the Indian hospitals that existed from coast to coast for over half a century. The memories recounted by these survivors—from gratuitous drug and surgical experiments to electroshock treatments intended to destroy the memory of sexual abuse—are truly harrowing, and will surely shatter any lingering illusions about the virtues or good intentions of our colonial past. Yet, this is more than just the painful history of a once-so-called vanishing people (a people who have resisted vanishing despite the best efforts of those in charge); it is a testament to survival, perseverance, and the power of memory to keep history alive and promote the idea of a more open and just future. Released to coincide with the Year of Reconciliation (2017), *Medicine Unbundled* is an important and timely contribution to our national narrative.

gabor mate documentary: Heal to Lead Kelly L. Campbell, 2024-04-09 By taking radical responsibility for your own healing, you unveil the high-conscious leader within that our world needs right now. You don't outrun or outgrow the formative experiences that have shaped who you are. So, it makes sense that your emotional history would also be the foundation of your leadership style. If what got you to this point may now be the very thing that is holding you back, then *Heal to Lead* was written for you. Everything you've read about conscious leadership is based on self-awareness and personal growth, yet the missing link has been trauma healing. If you want greater collaboration with your people, the confidence to inspire growth in your organization, and a more meaningful connection to yourself, your community, and the natural world, it's time to do the inner work. This book shows you how to develop high-conscious leadership, rooted in deep introspection, vulnerability, compassion, and reciprocity with all beings. Inside, former CEO turned trauma-informed leadership coach Kelly L. Campbell walks alongside you as you unpack and process what's been buried within your psyche. Integrating your past trauma is the key to unlearning the maladaptive strategies that have kept you subconsciously safe until now. With the resources, personal anecdotes, and reflection questions in this book, you will be better able to regulate your emotions and feel more enlivened as you lead from a place of reclamation. As an indicator of your commitment, your organization will ultimately realize greater stability and success. Discover how trauma lives in the body and can hinder you from accessing your potential. Break strategic patterns in your life that keep you automated, and gain clarity about what you are here to contribute. Develop greater compassion for yourself and others so you can co-create healthy workplace culture and respond productively in difficult situations. Make a lasting, positive impact within your organization and augment your bottom line. Disrupt the default of extractive, patriarchal, and supremacist business practices. Commit to taking part in the restoration of our societal tapestry and global environment. *Heal to Lead* is a radical departure from the myths that emerging and established leaders like you have been fed for so long. By healing your core wounds, you shed other people's stories about who you are, releasing the pain and scarcity mindset that keeps you feeling stuck. This liberation finally gives you access to your innate gifts as a leader, and you feel empowered to do the right thing by all as a generative force in the world.

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