

Free ACA Information for Members of the Helping Professions

Hardcover copies of The Big Red Book (our fellowship text) and the Loving Parent Guidebook are available at no cost to therapists, counselors, clergy, libraries, and universities. Request copies via e-mailing information@acawso.com.

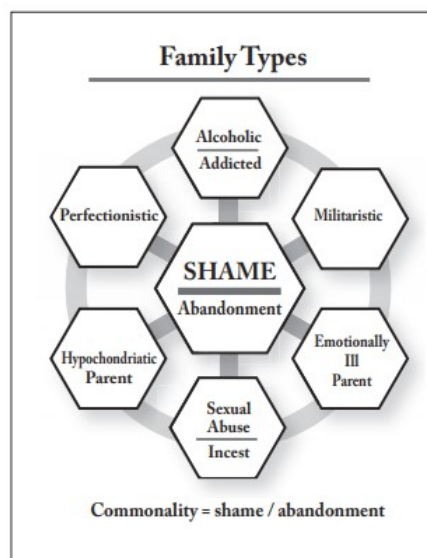
(Details at www.adultchildren.org/resources/therapy-and-counselors/)

BACKGROUND

For people that are seeking to overcome the effects of growing up in a dysfunctional household, being referred to a support group by a trusted professional is, in many cases, a significant milestone for them.

Our independent Twelve Step, Twelve Tradition program of recovery is called Adult Children of Alcoholics and other Family Dysfunction (ACA). We have existed for over 40 years.

The adult child personality can be traced back to families characterized by these types.



PTSD is common among adult children (www.adultchildren.org/resources/ptsd/). ACA literature also discusses topics such as alcoholism, generational dysfunction, dissociation, codependency, grieving, depression, incest, molestation, obsessive compulsion, behavioral addiction.

Free Digital Literature (English & translated)

www.adultchildren.org/free-literature-english-translated

Strengthening My Recovery Daily Meditation (online) www.adultchildren.org/meditation
or, via email www.adultchildren.org/newsletter/ .