



Breaking Free, Starting Over: Parenting in the Aftermath of Family Violence

Christina M. Dalpiaz

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What is often labeled domestic violence is, in this book, referred to as family violence, because the emotional terrorism that infuses violence between adults affects not only the adult victims but also the children who witness the abuse. Dalpiaz shows how a caring and thoughtful parent can recognize the trauma family violence inflicts upon children, and how to help them recover and go on to live happy, violence-free childhoods.

Safeguarding children, building trust and breaking the cycle of violence is the goal. Once the victim of family violence, Dalpiaz later earned degrees in psychology and early childhood education, eventually launching a nonprofit organization dedicated to helping children. Her book will interest not only parents who are victims of family violence, but also foster parents dealing with the aftermath of family violence, counselors, teachers, social workers, clergy, and students of the behavioral sciences.

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