

## Arc Trauma Model

This insightful guide provides a pragmatic roadmap for treating adult survivors of complex psychological trauma. Christine Courtois and Julian Ford present their effective, research-based approach for helping clients move through three clearly defined phases of posttraumatic recovery. Two detailed case examples run throughout the book, illustrating how to plan and implement strengths-based interventions that use a secure therapeutic alliance as a catalyst for change. Essential topics include managing crises, treating severe affect dysregulation and dissociation, and dealing with the emotional impact of this type of work. The companion Web page offers downloadable reflection questions for clinicians and extensive listings of professional and self-help resources. See also Drs. Courtois and Ford's edited volumes, *Treating Complex Traumatic Stress Disorders (Adults)* and *Treating Complex Traumatic Stress Disorders in Children and Adolescents*, which present research on the nature of complex trauma and review evidence-based treatment models.

A deeply moving story about community and resilience, from the point-of-view of the Callery pear tree that survived the attacks on September 11, from Eisner Award-nominated author-illustrator Sean Rubin. \* "A resonant, beautifully rendered testament to life and renewal." —Kirkus, starred review

In the 1970s, nestled between the newly completed Twin Towers in New York City, a Callery pear tree was planted. Over the years, the tree provided shade for people looking for a place to rest and a home for birds, along with the first blooms of spring. On September 11, 2001, everything changed. The tree's home was destroyed, and it was buried under the rubble. But a month after tragedy struck, a shocking discovery was made at Ground Zero: the tree had survived. Dubbed the "Survivor Tree," it was moved to the Bronx to recover. And in the thoughtful care of the New York City Department of Parks and Recreation, the Callery pear was nursed back to health. Almost a decade later, the Survivor Tree returned home and was planted in the 9/11 Memorial to provide beauty and comfort...and also hope. This is the story of that tree—and of a nation in recovery. Told from the tree's perspective, *This Very Tree* is a touching tribute to first responders, the resilience of America, and the restorative power of community.

For survivors of PTSD and repeated, relational trauma -- and the people who love them. Gretchen Schmelzer watched too many people quit during treatment for trauma recovery. They found it too difficult or too frightening or just decided that for them it was too late. But as a therapist and trauma survivor herself, Dr. Schmelzer wants us to know that it is never too late to heal from trauma, whether it is the suffering caused within an abusive relationship or PTSD resulting from combat. Sometimes what feels like a big setback is actually an unexpected difficult step forward. So she wrote *Journey Through Trauma* specifically for survivors--to help them understand the terrain of the healing process and stay on the path. There are three basic principles that every trauma survivor should know: Healing is possible. It requires courage. And it cannot be done alone. Traumas that happen more than once--child abuse, sexual abuse, domestic violence, gang violence, even war--are all relational traumas. They happened inside a relationship and therefore must be healed inside a relationship, whether that relationship is with a therapist or within a group. *Journey Through Trauma* gives us a map to help guide us through that healing process, see where the hard parts show up, and persevere in the process of getting well. We learn the five phases that every survivor must negotiate along the way and come to understand that since the cycle of healing is not linear, circling back around to a previous stage does not mean defeat - it actually means progress as well as facing new challenges. Authoritative and accessible, *Journey Through Trauma* provides support for survivors and their loved ones through one of the most challenging but necessary processes of healing that anyone can face.

This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their families. Provided is a comprehensive framework for assessing posttraumatic stress disorder, depression, anxiety, and other symptoms; developing a flexible, individualized treatment plan; and working collaboratively with children and parents to build core skills in such areas as affect regulation and safety. Specific guidance is offered for responding to different types of traumatic events, with an entire section devoted to grief-focused components. Useful appendices feature resources, reproducible handouts, and information on obtaining additional training. TF-CBT has been nationally recognized as an exemplary evidence-based program. See also the edited volume *Trauma-Focused CBT for Children and Adolescents: Treatment Applications* for more information on tailoring TF-CBT to children's varying developmental levels and cultural backgrounds.

This groundbreaking volume thoroughly explores the intriguing and sometimes baffling phenomenon of positive adaptation to stress by children who live under conditions of extreme vulnerability. Examining the determinants of risk, the development of competence in the midst of hardship, and the nature of stress-resilience, *THE INVULNERABLE CHILD* will be of profound interests to psychiatrists, developmental and clinical psychologists, social workers, nurses, educators and social scientists, and all those involved in the psychosocial well being of children.

This book has been replaced by *Treating Traumatic Stress in Children and Adolescents, Second Edition*, ISBN 978-1-4625-3704-4.

In this book, an anthropologist sets his experiences as a teenager fighting in the Vietnam War within the larger sweep of American culture and society. When his daughter is born decades after he returned from war the violence of those experiences, long suppressed, emerges from the shadows.

"How lovely to discover a book on the craft of writing that is also fun to read . . . Alison asserts that the best stories follow patterns in nature, and by defining these new styles she offers writers the freedom to explore but with enough guidance to thrive." ?Maris Kreizman, *Vulture* A Publishers Weekly Best Book of 2019 | A Poets & Writers Best Books for Writers

As Jane Alison writes in the introduction to her insightful and appealing book about the craft of writing: "For centuries there's been one path through fiction we're most likely to travel? one we're actually told to follow?and that's the dramatic arc: a situation arises, grows tense, reaches a peak, subsides . . . But something that swells and tautens until climax, then collapses? Bit masculosexual, no? So many other patterns run through nature, tracing other deep motions in life. Why not draw on them, too?"

W. G. Sebald's *Emigrants* was the first novel to show Alison how forward momentum can be created by way of pattern, rather than the traditional arc--or, in nature, wave. Other writers of nonlinear prose considered in her "museum of specimens" include Nicholson Baker, Anne Carson, Marguerite Duras, Gabriel García Márquez, Jamaica Kincaid, Clarice Lispector, Susan Minot, David Mitchell, Caryl Phillips, and Mary Robison. *Meander, Spiral, Explode* is a singular and brilliant elucidation of literary strategies that also brings high spirits and wit to its original conclusions. It is a liberating manifesto that says, Let's leave the outdated modes behind and, in thinking of new modes, bring feeling back to experimentation. It will appeal to serious readers and writers alike.

The term complex trauma refers to a broad range of symptoms resulting from exposure to prolonged or repeated severely traumatizing events. This broad spectrum of psychological symptoms complicates the formulation of an all-encompassing explicit definition, which in turn complicates the creation of specific treatment guidelines. In *Diagnosing and Treating Complex Trauma*, Trudy Mooren and Martijn Stöfjel explore the concept of complex trauma with reference to severely traumatized people including refugees, asylum seekers, war veterans, people with severe occupational trauma and childhood trauma and others who have dealt with severe violence. The book introduces a layered model for diagnosing and treating complex trauma in four parts. Part One introduces the concept of complex trauma, its historical development and the various theories about trauma. The authors introduce a layered model that describes the symptoms of complex trauma, and conclude with a discussion on the three-phase model. Part Two describes the diagnostic options available that make use of a layered model of complex trauma. Part Three discusses the treatment of complex trauma using the three-phase model as an umbrella model that encompasses the entire treatment. Chapters cover a multitude of stabilization techniques crucial to the treatment of every client group regardless of the therapeutic expectations. This part also contains an overview of the general and specific trauma processing techniques. The last chapter in this part covers the third phase of the treatment: integration. Part Four addresses the characteristics of different groups of clients who are affected by complex trauma, the components that affect their treatment and the suggested qualities required of a therapist to deal with each group. The book concludes with a chapter discussing the consequences for therapists providing treatment to people afflicted by complex trauma. Developed from the authors' own clinical experiences, *Diagnosing and Treating Complex Trauma* is a key guide and reference for healthcare professionals working with severely traumatized adults, including psychologists, psychotherapists, psychiatrists, social-psychiatric nurses, and case managers.

With contributions from prominent experts, this pragmatic book takes a close look at the nature of complex psychological trauma in children and adolescents and the clinical challenges it presents. Each chapter shows how a complex trauma perspective can provide an invaluable unifying framework for case conceptualization, assessment, and intervention amidst the chaos and turmoil of these young patients' lives. A range of evidence-based and promising therapies are reviewed and illustrated with vivid case vignettes. The volume is grounded in clinical innovations and cutting-edge research on child and adolescent brain development, attachment, and emotion regulation, and discusses diagnostic criteria, including those from DSM-IV and DSM-5. See also Drs. Courtois and Ford's edited volume *Treating Complex Traumatic Stress Disorders (Adults)* and their authored volume, *Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach*.

*Treating Traumatic Stress in Children and Adolescents* How to Foster Resilience Through Attachment, Self-regulation, and Competency Guilford Publications *Treating Traumatic Stress in Children and Adolescents, Second Edition* How to Foster Resilience through Attachment, Self-Regulation, and Competency Guilford Publications

Tens of thousands of clinicians have used this book--now revised and expanded with 50% new material--to plan and organize effective interventions for children and adolescents who have experienced complex trauma. The Attachment, Regulation, and Competency (ARC) framework can be used with children, parents, and other caregivers in a wide range of settings. The volume guides the clinician to identify key treatment goals and intervene flexibly to strengthen child-caregiver relationships and support healthy development and positive functioning. In a large-size format with lay-flat binding for easy photocopying, it is packed with case vignettes and clinical tools, including 79 reproducible handouts and forms. Purchasers get access to a Web page where they can download and print the reproducible materials. New to This Edition \*Reflects the ongoing development of ARC, including important refinements to foundational strategies and treatment targets. \*More than 30 additional handouts and worksheets; all reproducible tools are now downloadable. \*Greater attention to caregiver skill development throughout. \*Addresses ways ARC is being used in nontraditional settings (schools, day care, primary care practices) as well as diverse clinical contexts. See also *Treating Adult Survivors of Childhood Emotional Abuse and Neglect*, by Elizabeth K. Hopper, Frances K. Grossman, Joseph Spinazzola, and Marla Zucker, which presents a complementary approach also developed at The Trauma Center at Justice Resource Institute.

Zelie Adebola remembers when the soil of Or sha hummed with magic. Burners ignited flames, Tiders beckoned waves, and Zelie s Reaper mother summoned forth souls. But everything changed the night magic disappeared. Under the orders of a ruthless king, maji were killed, leaving Zelie without a mother and her people without hope.

Nonverbal interactions are applied to trauma treatment for more effective results. Art and play therapy approaches can be used to facilitate healing in traumatized children. Fostering nonverbal, right-brain-to-right-brain communication between the therapist and client promotes the brain's capacity for integration and repair. This book offers a unique perspective on the practical application of neurobiology in clinical practice.

A validating new approach to the long-term grieving process that explains why we feel "stuck," why that's normal, and how shifting our perception of grief can help us grow—from the New York Times bestselling author of *Motherless Daughters* "This is perhaps one of the most important books about grief ever written. It finally dispels the myth that we are all supposed to get over the death of a loved one."—Claire Bidwell Smith, author of *Anxiety: The Missing Stage of Grief* Aren't you over it yet? Anyone who has experienced a major loss in their past knows this question. We've spent years fielding versions of it, both explicit and implied, from family, colleagues, acquaintances, and friends. We recognize the subtle cues—the slight eyebrow lift, the soft, startled "Oh! That long ago?"—from those who wonder how an event so far in the past can still occupy so much precious mental and emotional real estate. Because of the common but false assumption that grief should be time-limited, too many of us believe we're grieving "wrong" when sadness suddenly resurges sometimes months or even years after a loss. *The AfterGrief* explains that the death of a loved one isn't something most of us get over, get past, put down, or move beyond. Grief is not an emotion to pass through on the way to "feeling better." Instead, grief is in constant motion; it is tidal, easily and often reactivated by memories and sensory events, and is re-triggered as we experience life transitions, anniversaries, and other losses. Whether we want it to or not, grief gets folded into our developing identities, where it informs our thoughts, hopes, expectations, behaviors, and fears, and we inevitably carry it forward into everything that follows. Drawing on her own encounters with the ripple effects of early loss, as well as on interviews with dozens of researchers, therapists, and regular people who've been bereaved, New York Times bestselling author Hope Edelman offers profound advice for reassessing loss and adjusting the stories we tell ourselves about its impact on our identities. With guidance for reframing a story of loss, finding equilibrium within it, and even experiencing renewed growth and purpose in its wake, she demonstrates that though grief is a lifelong process, it doesn't have to be a lifelong struggle.

This book provides an overview of the core research and theory on polyvictimization – exposure to multiple types of victimization that may have negative and potentially lifelong biopsychosocial impacts. The contributors to the volume address such topics as measurement issues in how polyvictimization should be assessed and measured; developmental risks of early childhood polyvictimization for maltreated children in foster care; gender differences in polyvictimization and its consequences among juvenile justice-involved youth; the importance of trauma-focused treatment for polyvictimized youth in the juvenile justice system; and the nature of polyvictimization in the internet era. Suited to readers who are new to the topic including graduate and undergraduate students, as well as researchers and clinicians who want a concise update on the latest empirical research from the frontiers of this field, this book provides findings and methodological innovations of interest to researchers and human service professionals. This book was originally published as a special issue of the *Journal of Trauma & Dissociation*.

An essential tool for healers, therapists, activists, and survivors of trauma who are interested in a justice-centered approach to somatic transformation. *The Politics of Trauma* offers somatics with a social analysis. This book is for therapists and social activists who understand that trauma healing is not just for individuals--and that social change is not just for movement builders. Just as health practitioners need to consider the societal factors underlying trauma, so too must activists understand the physical and mental impacts of trauma on their own lives and the lives of the communities with whom they organize. Trauma healing and social change are, at their best, interdependent. Somatics has proven to be particularly effective in addressing trauma, but in practice it typically focuses solely on the individual, failing to integrate the social conditions that create trauma in the first place. Staci K. Haines, somatic innovator and cofounder of generative somatics, invites readers to look beyond individual experiences of body and mind to examine the social, political, and economic roots of trauma--including racism, environmental degradation, sexism, and poverty. Haines helps readers identify, understand, and address these sources of trauma to help us bridge individual healing with social transformation.

Should you save a world that doesn't want to save you? Award-winning author Lilliam Rivera explores the haunting story of an alien invasion from the perspective of three Latinx teens. Pedro, Luna, and Rafa may attend Fairfax High School together in Los Angeles, but they run in separate spheres. Pedro is often told that he's "too much" and seeks refuge from his home life in a local drag bar. Luna is pretending to go along with the popular crowd but is still grieving the unexpected passing of her beloved cousin Tasha. Then there's Rafa, the quiet new kid who is hiding the fact that his family is homeless. But Pedro, Luna, and Rafa find themselves thrown together when an extraterrestrial visitor lands in their city and takes the form of Luna's cousin Tasha. As the Visitor causes destruction wherever it goes, the three teens struggle to survive and warn others of what's coming--because this Visitor is only the first of many. But who is their true enemy--this alien, or their fellow humans? Pura Belpré Honor-winning author Lilliam Rivera examines the days before a War of the Worlds-inspired alien invasion in this captivating and chilling new novel.

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

This handbook presents the current evidence-based psychological treatments for trauma related disorders in childhood and adolescence and in addition provides clearly structured, up-to-date information on the basic principles of traumatic stress research and practice in that age group, covering epidemiology, developmental issues, pathogenetic models, diagnostics, and assessment. Each of the chapters on treatment, which form the core of the book, begins with a summary of the theoretical underpinnings of the approach, followed by a case presentation illustrating the treatment protocol session by session, an analysis of special challenges typically encountered in implementing this treatment, and an overview of the current evidence base for the treatment approach. A special section considers modern treatments in particular settings, such as schools, hospitals, and juvenile justice systems, and the concluding chapters provide an integrative discussion on how to treat traumatized children and adolescents and an outlook. The book will be invaluable for clinical child and adolescent psychologists, child and adolescent psychiatrists, psychotherapists, and other mental health professionals working with traumatized children and adolescents.

Clinicians recognize trauma & loss as a prominent source of clients' problems. Progressive counting represents a significant advance in trauma treatment, because it is about as efficient, effective, and well-tolerated as EMDR while being far simpler for therapists to master and do well. PC's value has already been supported by two open trials and a controlled study. Are you ready to provide therapy that routinely affects profound healing and lasting change? This book will show you how.

The importance of electric arc furnace steelmaking is evident from the escalated world production seen in steel industry. This book presents systematic and complete details on the current state of knowledge about metallurgical processes carried out in the electric arc furnace. It includes principles of construction of electric arc furnaces, applied construction solutions, and their operations (together with auxiliary/supportive devices). Modern technologies of melting of various grades steel are detailed, considering the participation of secondary metallurgy including theoretical backgrounds of chemical processes and reactions. It contains theoretical analysis and results of laboratory, model, and industrial tests. Features: Covers the practical aspects of electric arc furnace steelmaking including technological process. Discusses the operation issues of an electric arc furnace in a technical and technological context. Presents a systematic and complete knowledge about relevant construction solutions and metallurgical processes. Includes practical industrial benchmark indicators in the scope of equipment and technology. Analyses practical case studies from industry. This book aims at researchers, professionals and graduate students in Metallurgical Engineering, Materials Science, Electric Power Supply, Environmental Engineering, and Mechanical Engineering.

In this groundbreaking book, a leading clinical psychiatrist redefines how we think about and treat victims of trauma. A "stunning achievement" that remains a "classic for our generation." (Bessel van der Kolk, M.D., author of *The Body Keeps the Score*). *Trauma and Recovery* is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context. Drawing on her own research on incest, as well as a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. Hailed by the *New York Times* as "one of the most important psychiatry works to be published since Freud," *Trauma and Recovery* is essential reading for anyone who seeks to understand how we heal and are healed.

How do I implement effective strategies for treating traumatic stress in this particular child or adolescent? *Clinical Exercises for Treating Traumatic Stress in Children and*

Adolescents combines guidance for personalizing and implementing effective treatment approaches with practical materials to use in session. It describes the potential impact of trauma on children and adolescents, outlines core principles of effective treatment models, and provides practical guidance for tailoring treatment strategies to the specific needs of the individual. The featured worksheets and practical resources are designed to be compatible with evidence-based treatment models including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Prolonged Exposure, Attachment, Self-Regulation and Competence (ARC), and Child-Parent Psychotherapy (CPP). Replete with adaptable, ready-made materials, this convenient resource will help any clinician working with trauma exposed 8-18-year-olds to implement effective treatment strategies in practice, as well as to take a tailored approach that engages them with creative, therapeutic activities.

In this second edition of Joyanna Silberg's classic *The Child Survivor*, practitioners who treat dissociative children will find practical tools that are backed up by recent advances in clinical research. Chapters are filled with examples of clinical dilemmas that can challenge even the most expert child trauma clinicians, and Silberg shows how to handle these dilemmas with creativity, attunement, and sensitivity to the adaptive nature of even the most complex dissociative symptoms. The new edition addresses the impact of the Covid-19 pandemic on children and provides tips for working with traumatized children in telehealth. A new chapter on organized abuse explains how children victimized by even the most sadistic crimes can respond well to therapy. Clinicians on the front lines of treatment will come away from the book with an arsenal of therapeutic techniques that they can put into practice right away, limiting the need for restrictive hospitalizations or out-of-home placements for their young clients.

In this volume, distinguished therapists and clinicians offer a broad range of effective attachment-based interventions for children with a history of attachment difficulties and complex trauma. Stepping through attachment theory and the latest research in neuroscience, the contributors illustrate how the treatment of developmental trauma often requires implementing more than one clinical model. Including chapters on the practical application of dyadic developmental psychotherapy, mindfulness, therapy, and EMDR, *Attachment Theory in Action* offers mental health professionals insights into helping even the most challenging patients.

Grounded in 40 years of clinical practice and research, this book provides a systematic yet flexible evidence-informed framework for treating adult survivors of complex trauma, particularly those exposed to chronic emotional abuse or neglect. Component-based psychotherapy (CBP) addresses four primary treatment components that can be tailored to each client's unique needs--relationship, regulation, dissociative parts, and narrative. Vivid extended case examples illustrate CBP intervention strategies and bring to life both the client's and therapist's internal experiences. The appendix features a reproducible multipage clinician self-assessment tool that can be downloaded and printed in a convenient 8 1/2" x 11" size. See also *Treating Traumatic Stress in Children and Adolescents, Second Edition*, by Margaret E. Blaustein and Kristine M. Kinniburgh, which presents a complementary approach also developed at The Trauma Center at Justice Resource Institute.

Attachment theory has entered the mainstream, but most discussions focus on how we can cultivate secure monogamous relationships. What if, like many people, you're striving for secure, happy attachments with more than one partner? Polyamorous psychotherapist Jessica Fern breaks new ground by extending attachment theory into the realm of consensual nonmonogamy. Using her nested model of attachment and trauma, she expands our understanding of how emotional experiences can influence our relationships. Then, she sets out six specific strategies to help you move toward secure attachments in your multiple relationships. *Polysecure* is both a trailblazing theoretical treatise and a practical guide.

Have you noticed that no matter how much time you spend in talk therapy, you still feel anxious and triggered? That is because talk therapy can keep you stuck in a pattern of reliving your stories, rather than moving beyond them. But, most of all, it's because trauma doesn't just reside inside your mind--much more importantly, it locks itself in other parts of your body. When left unresolved, that trauma continues to live there, impacting your life, your relationships, your sense of safety, and your ability to experience joy in very real ways. In *Moving Beyond Trauma*, Ilene Smith will introduce you to Somatic Experiencing, a body-based therapy capable of healing the damage done to your nervous system by trauma. She breaks down the ways in which trauma impacts your nervous system and walks you through a program designed to process trauma in a non-threatening way. You will discover a healing lifestyle marked by a deeper connection with yourself, those around you, and with everything you do.

Exploring how the essentialism of the gender binary impacts on clients of all genders, this ground-breaking book examines how historical, social and culturally gendered trauma emerges in clinical settings. Weaving together systemic ideas, autoethnography, narrative therapy and somatic experiencing, the book charts the history of the gender binary and its roots in colonialism, as well as the way this culture is perpetuated intergenerationally, and the impact this trauma has on all bodies, gender identities and experiences. Featuring clinical vignettes, exercises and reflexive practices, this is an accessible and intersectional guide for professionals to develop their understanding of gender-derived trauma for supporting clients. Highlighting the importance of applying a trauma-informed approach in practice, this book provides insights as to how we can work towards collective healing, for future generations and for ourselves.

*Trauma and Repair: Confronting segregation and violence in America* is an interview-based interdisciplinary exploration of complex trauma in low-income communities and neighborhoods in Baltimore, Maryland; Oakland, California; New Orleans, Louisiana; and Elaine, Arkansas. Moving fluidly between the respondents' life narratives and clinical and academic perspectives on trauma and inequality, Stopford depicts multidimensional and intergenerational trauma, including prolonged economic injustice and repeated exposure to community violence. Written in an accessible and engaging style that draws on insights from sociology, public health, history, legal studies, and clinical psychoanalysis, this original study is a vital addition to the literature on inequality and poverty in the United States.

Packed with practical clinical tools, this guide explains how to plan and organize individualized interventions that promote resilience, strengthen child-caregiver relationships, and restore developmental competencies derailed by chronic, multiple stressors. Includes more than 45 reproducibles.

A guide for treating trauma and bereavement that can be flexibly implemented in group and individual settings to empower adolescents.

From the incomparable Emmy, Grammy, and Tony Award winner, a powerful and revealing autobiography about race, sexuality, art, and healing It's easy to be yourself when who and what you are is in vogue. But growing up Black and gay in America has never been easy. Before Billy Porter was slaying red carpets and giving an iconic Emmy-winning performance in the celebrated TV show *Pose*; before he was the groundbreaking Tony and Grammy Award-winning star of Broadway's *Kinky Boots*; and before he was an acclaimed recording artist, actor, playwright, director, and all-around legend, Porter was a young boy in Pittsburgh who was seen as different, who didn't fit in. At five years old, Porter was sent to therapy to "fix" his effeminacy. He was endlessly bullied at school, sexually abused by his stepfather, and criticized at his church. Porter came of age in a world where simply being himself was a constant struggle. Billy Porter's *Unprotected* is the life story of a singular artist and survivor in his own words. It is the story of a boy whose talent and courage opened doors for him, but only a crack. It is the story of a teenager discovering himself, learning his voice and his craft amidst deep trauma. And it is the story of a young man whose unbreakable determination led him through countless hard times to where he is now; a proud icon who refuses to back down or hide. Porter is a multitalented, multifaceted treasure at the top of his game, and *Unprotected* is a resonant, inspirational story of trauma and healing, shot through with his singular voice.

