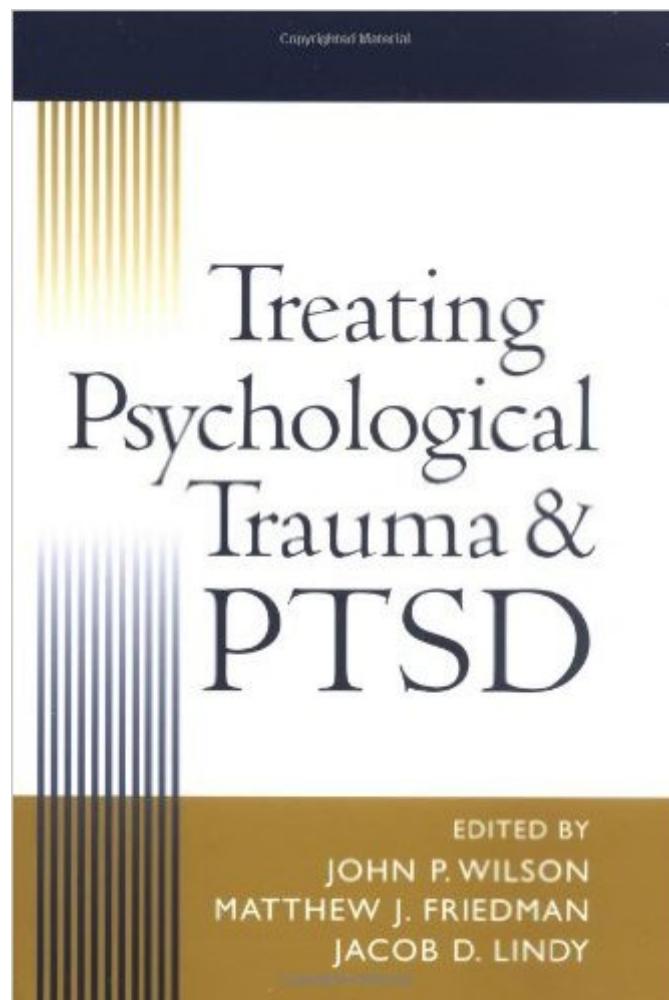


The book was found

# Treating Psychological Trauma And PTSD



## **Synopsis**

This volume presents an innovative psychobiological framework for understanding and treating PTSD. A major emphasis is the need to reformulate diagnostic criteria and treatment goals to reflect emerging knowledge about the complex pathways by which trauma disrupts people's lives. Within a holistic, organismic framework, the editors identify 65 PTSD symptoms contained within five (rather than the traditional three) symptom clusters, and spell out 80 target objectives for treatment. Expert contributors then provide detailed presentations of core therapeutic approaches, including acute posttraumatic interventions, cognitive-behavioral approaches, pharmacotherapy, group psychotherapy, and psychodynamic techniques, as well as approaches to working with specific populations, including children, refugees, and the dually diagnosed. The concluding section reviews and synthesizes all case material presented, examining which symptoms are addressed by each of the core approaches, which treatment goals are met, and which clients can most effectively be helped. Combining cutting-edge theoretical exposition with clear-cut recommendations for practice, this is an ideal resource for clinicians, students, and researchers.

## **Book Information**

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## **Customer Reviews**

This is an extremely helpful academic text, largely directed at medical and other clinicians diagnosing and treating post-traumatic stress disorder. However, the book is also helpful for laymen like myself, searching for a comprehensive understanding of the signs, symptoms and treatments for this diagnosis. The book covers the complexity of the disorder quite well. As noted in Chapter 2,

on a Holistic approach to healing trauma and PTSD, "considerations concerning the psychological treatments for posttraumatic stress syndromes (PTSS) are complex and multidimensional in nature. The treatment... involves contact with forces that inflict psychological injury and attack the human spirit and efforts to remain psychically whole." That's a perfect definition, in a nutshell. Question is, what to do about it. The book contains, lengthy discussions of the specific effects, and different manifestations of this disorder, an encyclopedic chapter on psychopharmacological therapies, and other clinical treatment methods. For my purposes, the chapter on childhood trauma is most interesting. This section covers a host of treatment modalities. My only complaint is that the section does not cover neurobiofeedback, a type of brain therapy and training which seems to hold a great deal of promise. I'm also skeptical about the limited number of treatments recommended for several modalities. But the book covers a broad number of issues, and will be helpful to clinicians and victims as well as the families of victims.

This is a dense text full of information about PTSD. It is pretty complicated and published in 2001 so the information is not the most current. But overall, presents a picture of the complexity of trauma.

This text is a fundamental starting point for any clinician who even has an occasional case that involves traumatic stress; a must for those who work with survivors on a regular basis. This is an invaluable reference book that represents decades of research and clinical experience of the collected experts who have contributed. ~bill krill[...]

A very helpful resource!

I am using this book as a reference guide to treatment manual that I have regarding drug addictions and PTSD. It has been helpful.

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(Paperback)) The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma Complex PTSD: From Surviving to Thriving: A GUIDE AND MAP FOR RECOVERING FROM CHILDHOOD TRAUMA Alice In Wonderland Syndrome: Experiencing Complex PTSD, Trauma, Anxiety, Depersonalization, Derealization, and Migraines (Transcend Mediocrity Book 101) Treating Visceral Dysfunction: An Osteopathic Approach to Understanding and Treating the Abdominal Organs Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children and Families Emotional First Aid: Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries Treating Complex Trauma: A Relational Blueprint for Collaboration and Change (Psychosocial Stress Series) Treating Complex Trauma in Adolescents and Young Adults Treating Trauma-Related Dissociation: A Practical, Integrative Approach (Norton Series on Interpersonal Neurobiology) Treating Self-Destructive Behaviors in Trauma Survivors: A Clinician's Guide Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book) Trauma-Attachment Tangle: Modifying EMDR to Help Children Resolve Trauma and Develop Loving Relationships Child Trauma Handbook: A Guide for Helping Trauma-Exposed Children and Adolescents

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