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Trauma 101 is a concise, current, balanced and accessible overview of one of the most pervasive, yet controversial psychological issues faced today. It is grounded in the most up-to-date research and theories on trauma and its effects and covers not only the concepts of what trauma is and the ways in which different kinds of traumas affect people, but also considers how it is diagnosed in the wake of the DSM-V and is treated with both evidence-based and alternative methods.

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Our knowledge about the psychological effects of traumatic events has grown dramatically over the past three decades. Psychology of Trauma 101 is a concise, current, and accessible overview of this critical issue, including posttraumatic stress disorder (PTSD), its causes, and its physical and mental consequences.

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Springer, 2015, 248 pp. Psychology of Trauma 101 is part of the Psych 101 Series that includes Motivation 101, \ud Emotional Intelligence 101, and so forth. The goal, I infer, is to bring the basics of psychology to\ud the public, one topic at a time. Psychology of trauma is not typically presented to students or the\ud public this way.

Psychology of Trauma 101 - CORE

Offers a concise, balanced and accessible overview of one of the most pervasive, yet controversial psychological issues faced today. It is grounded in the most up-to-date research and theories on trauma and its effects and covers not only the concepts of what trauma is and the ways in which different kinds of traumas affect people, but also considers how it is diagnosed in the wake of the DSM ...

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"Psychology of Trauma 101 is exceptionally well-written, easy to read, and enriched with empirical findings and discussions related to trauma psychology. Therefore, this book would help any beginning mental health professional better understand the current state of trauma research, theory, and treatment; and thus, Psychology of Trauma 101 is highly recommended. " -- Erin K. Poindexter, Journal of Loss and Trauma As trauma research and practice grow, practitioners, trainees, and others struggle to acquire and apply critical information to help the traumatized. In Psychology of Trauma 101, Lesia Ruglass and Kathleen Kendall-Tackett fill this void with a highly readable and reliable guide for practitioners and students in promoting posttraumatic growth and resilience. Charles R. Figley, PhD, Tulane University Our knowledge about the psychological effects of traumatic events has grown dramatically over the past three decades. Psychology of Trauma 101 is a concise, current, and accessible overview of this critical issue, including posttraumatic stress disorder (PTSD), its causes, and its physical and mental consequences. Grounded in the most up-to-date research and theories on trauma and its effects, this text not only covers the concepts of what trauma is and the ways in which different kinds of traumas affect people, but also considers how it is diagnosed in the wake of DSM-5 and is treated with both conventional and

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alternative methods. Richly illustrated with first-person accounts from trauma survivors, this book encompasses theories, diagnosis, and treatment as well as how trauma affects family members and caregivers. It also addresses the variables of gender, race/ethnicity, and culture as they bear on trauma psychology and the potential health consequences of trauma. In addition, the book illuminates controversies in the field and such emerging topics as posttraumatic growth, multiple traumas, and how traumatic events affect communities. Written by a team of leading researchers and clinicians in the field, the book is an ideal introduction to this critical topic for students and practitioners. Key Features Provides a comprehensive yet concise overview of trauma and PTSD Considers theoretical frameworks for understanding trauma and its impact on physical and mental health Addresses how trauma is diagnosed and treated with both conventional and alternative approaches Covers posttraumatic growth, multiple traumas, and caregiver issues such as burnout and self-care Includes plentiful firsthand accounts from trauma survivors The Psych 101 Series Short, reader-friendly introductions to cutting-edge topics in psychology. With key concepts, controversial topics, and fascinating accounts of up-to-the-minute research, The Psych 101 Series is a valuable resource for all students of psychology and anyone interested in the field.

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"Psychology of Trauma 101 is exceptionally well-written, easy to read, and enriched with empirical findings and discussions related to trauma psychology. Therefore, this book would help any beginning mental health professional better understand the current state of trauma research, theory, and treatment; and thus, Psychology of Trauma 101 is highly recommended. " -- Erin K. Poindexter, Journal of Loss and Trauma As trauma research and practice grow, practitioners, trainees, and others struggle to acquire and apply critical information to help the traumatized. In Psychology of Trauma 101, Lesia Ruglass and Kathleen Kendall-Tackett fill this void with a highly readable and reliable guide for practitioners and students in promoting posttraumatic growth and resilience. Charles R. Figley, PhD, Tulane University Our knowledge about the psychological effects of traumatic events has grown dramatically over the past three decades. Psychology of Trauma 101 is a concise, current, and accessible overview of this critical issue, including posttraumatic stress disorder (PTSD), its causes, and its physical and mental consequences. Grounded in the most up-to-date research and theories on trauma and its effects, this text not only covers the concepts of what trauma is and the ways in which different kinds of traumas affect people, but also considers how it is

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This is an imminently practical workbook that shows a variety of invaluable techniques to get centered, calm and organized. An effective and enjoyable guide

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to help you feel in charge of yourself." ~ Bessel van der Kolk, M.D. This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise. Tools and techniques drawn from the most effective trauma modalities: * Art Therapy * CBT * DBT * EFT * EMDR * Energy Psychology * Focusing * Gestalt Therapy * Guided Imagery * Mindfulness * Psychodrama * Sensorimotor Psychology * Somatic Experiencing and Movement Therapies
-BONUS: Book includes a link to all reproducible worksheets! Print and use with clients right away!! Praise for 101 Trauma-Informed Interventions: "Linda Curran's unflagging energy and dedication to the healing of traumatized individuals has led to a voluminous, exciting, and comprehensive, 101 Trauma Informed Interventions. This workbook provides a plethora of effective tools -- traditional as well as innovative -- that can be used in whole or as a part of a course of therapy and also as self-help. The variety of options offered goes a long way towards dispelling the (unfortunately) popular misconception that there are only a limited number of interventions that help people to recover from trauma. Survivors as well as therapists who have been frustrated by the rigidity of strict adherence to evidence based practice will be greatly relieved to find a wealth of useful strategies to experiment, evaluate, and sort into a personally tailored trauma recovery program.

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This workbook is a god-send for the trauma field, expanding the possibilities for recovery in a most generous way." ~ Babette Rothschild, MSW author of *The Body Remembers* and *8 Keys to Safe Trauma Recovery* "Linda Curran has carefully and knowledgeably curated a practical, effective collection of interventions that actually work for trauma survivors. Any clinician committed to helping those suffering from posttraumatic stress needs to have these tools and resources to draw upon, because standard talk therapy, nine times out of ten, is simply not going to cut it. These exercises will." ~ Belleruth Naparstek, LISW, author of *Invisible Heroes: Survivors of Trauma and How They Heal* "Drawing from the whole spectrum of trauma-based therapies, Linda Curran has compiled a sampling of practical exercises designed to help therapists and their clients better navigate the mine field that trauma work can be and find the path to healing." ~ Richard Schwartz, Ph.D. author of *Internal Family Systems Therapy* "101 Trauma-Informed Interventions provides an accessible functional "playbook" for therapists committed to the rehabilitation of the client with a trauma history. In a readable volume Curran integrates diverse approaches of treatment and emphasizes the unique role that trauma plays in mental health. Underlying this eclectic strategy is the common theme emphasizing that healing will only begin when the trauma related feelings embedded in the body are appreciated." ~ Stephen W. Porges, Ph.D., author of *The Polyvagal Theory* "An interesting compendium of potential interventions that can be interwoven into any therapist's existing conceptual framework" ~ Louis Cozolino, Ph.D., Pepperdine University, and author of 5 books

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including the best-seller *The Neuroscience of Psychotherapy, Healing the Social Brain* (2nd edition)

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.

Relates the impact of trauma on the body to the phenomenon of somatic memory. The book illuminates the value of understanding the psychophysiology of trauma

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for both therapists and their traumatised clients. It progresses from relevant theory to applicable practice.

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

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The Handbook of Stress, Trauma, and the Family is broken down into three sections, compiling research, theory and practice. The first section focuses on how traumatic stress affects intimate others, what familial characteristics affect individual susceptibility to trauma, as well as evaluation of the effectiveness of various interventions. The section on theory explores concepts of stress and intrapsychic processes underlying the intergenerational transmission of trauma, addressing how families can buffer or enhance anxiety. The final section, entitled practice, covers assessment (presenting both the Circumplex Model and Bowenian family theory models), treatment models and treatment formats for specific populations. The major family treatment models applicable to stress and trauma are discussed, including contextual, object relations, emotionally focused and critical interaction therapy.

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--

Promoting Positive Processes after Trauma merges research and clinical applications pertaining to the common experiences of trauma among clients with many different presentations and diagnoses. The book examines positive processes as they operate within trauma and considers the intentional development by the clinician of these positive processes with individual clients.

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The book is structured after the cornerstone tenets of positive psychology resilience, hope, forgiveness, post-traumatic growth and benefit-finding, meaning making and spirituality. Covers positive psychology processes, such as growing out of developmental trajectories; cognitive, emotional and intra-personal processes; interpersonal processes; and community- and contextually-defined processes. Integrates positive psychology with trauma treatment Utilizes case vignettes to introduce concepts Includes questions for further discussion in each chapter Selects processes that can be influenced through a range of treatments and treatment components Provides seminal references for each topic and processes to facilitate further reading by the clinician

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