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

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

"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 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.

The *Encyclopedia of Psychological Trauma* is the only authoritative reference on the scientific evidence, clinical practice guidelines, and social issues addressed within the field of trauma and posttraumatic stress disorder. Edited by the leading experts in the field, you will turn to this definitive reference work again and again for complete coverage of psychological trauma, PTSD, evidence-based and standard treatments, as well as controversial topics including EMDR, virtual reality therapy, and much more.

Explore interventions and treatment methods designed to help curb the alarming trend toward violence in today's youth! Written in jargon-free lucid prose, *Psychological Trauma and the Developing Brain: Neurologically Based Interventions for Troubled Children* specifically shows how positive early experiences enhance brain development and how traumatic life experiences, especially child abuse and neglect, can affect a child's brain and behavior. Through carefully selected case studies, the book offers basic principles of treatment and a broad range of interventions that target the multiple symptoms and problems seen in children with a history of childhood trauma. Offering a new psychobiological model of child development, this book incorporates the influence of both genes and the environment and conceptualizes normal and pathological development in terms of common underlying processes. For readers concerned with promoting healthy development in children and helping children recover from childhood trauma, this engagingly written book describes exactly how a child's social/interpersonal environment can positively or negatively influence brain development. Throughout the book, the authors highlight the interrelationship between neurobiology and psychology. They present basic information about brain development and organization, describe exactly what is going on inside the brain at each stage of development, and illustrate these concepts through a detailed case study of a preschooler with severe problems in communicating and relating. They discuss the pernicious effects that traumatic stress has on brain and behavior, differentiating between simple and complex PTSD, and review the specific brain impairments currently attributed to a childhood history of maltreatment. Using their unique psychobiological perspective and illustrative case studies, the authors evaluate the principles and strategies of treatment, showing how relationships and experiences can mitigate the effects childhood trauma. After fleshing out the shocking cost to society of child maltreatment, the authors offer broad policy prescriptions that promote healthy development, including basic strategies for prevention and early intervention. *Psychological Trauma and the*

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Developing Brain: Neurologically Based Interventions for Troubled Children will show you: how interpersonal experience shapes brain development what is going on in the brain during the critical first six years how therapeutic relationships and interpersonal experience can promote emotional and cognitive development how childhood maltreatment can damage the brain and impair the developing mind what types of experiences and therapeutic strategies can mitigate the effects of childhood trauma what policy prescriptions, programs, and early intervention strategies can be implemented to promote healthy development

What to do when treatment becomes trauma Of increasing concern to all health professionals is the mental and emotional trauma that can result from adverse medical experiences ranging from life-threatening events to even routine medical procedures. This groundbreaking book is the first to conceptualize the psychological aspects of medical trauma and provide mental health and health care professionals with models they can use to intervene when treatment becomes trauma. The book delivers systems-level strategies for supporting patients and their families who experience distress in the medical setting or as a result of life-threatening or life-altering diagnoses and procedures. Reflecting the growing trend toward interprofessional practice and training in health care and initiatives toward patient-centered care, the book also describes models that promote the seamless integration of mental health professionals into the health care team. The book reflects the PPACA mandate to integrate mental health services into health care in order to both ensure the psychological and emotional well-being of patients and to provide support and guidance to health care professionals. Using an inclusive model of medical trauma, the book examines the effects and complexity of the trauma experience within the medical setting; addresses patient, medical staff, and procedural risk factors regarding specific level 1, 2, and 3 traumas; discusses the effects of environment and medical staff interactions; and covers intervention and prevention. The book also highlights examples of health care systems and organizations that have successfully applied innovative ideas for treating the whole person. Extensive case studies addressing the three levels of medical trauma illustrate its effects and how they could have been better managed. Key Features: Addresses psychological trauma resulting from adverse medical experiences—the first book to do so Provides effective models for addressing trauma in health care based on maternal health protocols from NCSWH Includes effective new models, protocols, and best practices for all mental health and health care professionals Presents extensive case examples of levels 1, 2, and three medical trauma Disseminates valuable resources and screening and measurement tools

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

Principles of Trauma Therapy provides a creative synthesis of cognitive-behavioral, relational/psychodynamic, and psychopharmacologic approaches to the "real world" treatment of acute and chronic posttraumatic states. Grounded in empirically-supported trauma treatment techniques, and adapted to the complexities of actual clinical practice, it is a hands-on resource for both front-line clinicians in public mental health and those in private practice.

A guide to help EMDR practitioners to integrate somatic therapy into their sessions. Clients who have experienced traumatic events and seek EMDR therapists rely on them as guides through their most vulnerable moments. Trauma leaves an imprint on the body, and if clinicians don't know how to stay embodied in the midst of these powerful relational moments, they risk shutting down with their clients or becoming overwhelmed by the process. If the body is not integrated into EMDR therapy, full and effective trauma treatment is unlikely. This book offers an integrative model of treatment that teaches therapists how to increase the client's capacity to sense and feel the body, helps the client work through traumatic memories in a safe and regulated manner, and facilitates lasting integration. Part I (foundational concepts) offers a broad discussion of theory and science related to trauma treatment. Readers will be introduced to essential components of EMDR therapy and somatic psychology. The discussion then deepens into the science of embodiment through the lens of research on emotion, memory, attachment, interpersonal neurobiology, and the impact of trauma on overall health. This part of the book emphasizes the principles of successful trauma treatment as phase-oriented, mindfulness-based, noninterpretive, experiential, relational, regulation focused, and resilience-informed. Part II (interventions) presents advanced scripted protocols that can be integrated into the eight phases of EMDR therapy. These interventions provide support for therapists and clients who want to build somatic awareness through experiential explorations that incorporate mindfulness of sensations, movement impulses, breath, and boundaries. Other topics discussed include a focus on complex PTSD and attachment trauma, which addresses topics such as working with preverbal memories, identifying ego states, and regulating dissociation; chronic pain or illness; and culturally-based traumatic events. Also included is a focused model of embodied self-care to prevent compassion fatigue and burnout.

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