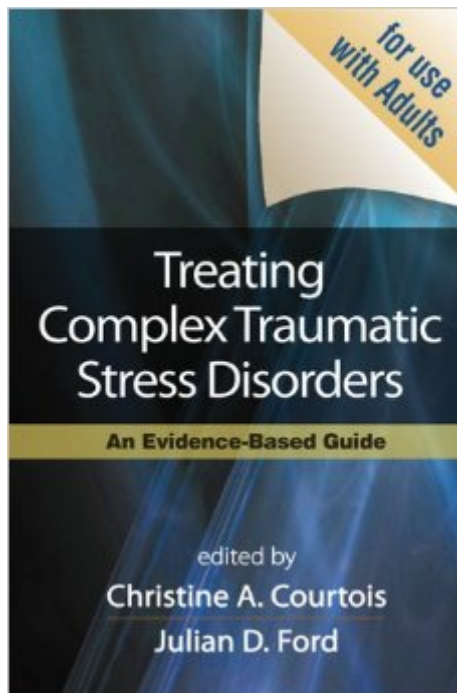


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# Treating Complex Traumatic Stress Disorders (Adults): Scientific Foundations And Therapeutic Models



## Synopsis

Combining scientific and clinical perspectives, this volume brings together leading authorities on complex traumatic stress and its treatment in adults. Contributors review the research that supports the conceptualization of complex traumatic stress as distinct from PTSD. They explore the pathways by which chronic trauma can affect psychological development, attachment security, and adult relationships. Chapters describe evidence-based assessment tools and an array of treatment models for individuals, couples, families, and groups. See also Drs. Courtois and Ford's authored book, *Treatment of Complex Trauma*, which presents their own therapeutic approach for adult clients in depth, and their edited volume *Treating Complex Traumatic Stress Disorders in Children and Adolescents*.

## Book Information

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## Customer Reviews

As a psychotherapist, I've struggled to treat various forms of Complex PTSD, in children & adults, for over 20 years, including borderline personality disorder, Reactive Attachment Disorder (RAD) and current forms of multi-deployment Combat PTSD. This recent collection of 20 articles from over 30 leading scholars, researchers and clinicians in the field will doubtless be the standard reference

for Complex PTSD for many years. If you want to know more about how to understand, diagnose and treat Complex PTSD, START HERE! The articles are divided into three sections: overview, individual treatment approaches and strategies and - what a relief! - systemic treatment approaches and strategies. I say, "What a relief!", as often in reviews of treatment approaches, systemic approaches are given short shrift. And in my experience, systemic approaches are often VERY much needed, in some cases indispensable, for healing Complex PTSD, especially with children & teens, and especially with major problems with attachment - one sadly common hallmark of Complex PTSD. Each article has an extensive bibliography for those who want to know more. The "Overview" section covers a satisfyingly large number of topics, including current approaches to understanding & defining Complex PTSD, overviews on best Practices with children & teens and with adults, cultural issues, risk management/treatment alliance and compassion fatigue/vicarious traumatizing. I want to compliment the editors for this last article. Few areas of psychotherapy are more prone to therapist burnout via PTSD by association than Complex PTSD. I strongly recommend that all clinicians who work significantly in this area become competent in assessing their own risks to compassion fatigue and take regular steps to manage this.

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