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101 Trauma-Informed Interventions: Activities, Exercises and Assignments for Moving the Client and Therapy Forward

By Linda Curran

Premier Publishing & Media. Paperback. Book Condition: New. Paperback. 210 pages. Dimensions: 10.9in. x 8.4in. x 0.6in. 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 professionals 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 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. Renowned trauma expert, author and psychiatrist Linda Curran has carefully and knowledgeably curated a practical, effective collection of interventions that actually work for trauma survivors. Belleruth Naparstek, LISW, author of Invisible Heroes: Survivors of Trauma and How They Heal Drawing from the whole spectrum of trauma-based therapies,...



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