



# Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment

By John N. (Neale) Briere, Catherine Scott

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- Sales Rank: #730647 in Books
- Brand: Brand: SAGE Publications, Inc
- Published on: 2006-03-21
- Original language: English
- Number of items: 1
- Dimensions: .69" h x 6.02" w x 9.02" l, .94 pounds
- Binding: Paperback
- 312 pages



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## **Editorial Review**

### **Review**

"This groundbreaking book takes trauma therapy to a new stage of development, brilliantly integrating the diverse findings of cognitive behaviorists, relational and attachment theorists, and neurobiologists. The authors understand that therapy is an intimate relationship between two people -- the (often distrusting and fearful) patient who wishes relief from pain and the (often frustrated but empathic) therapist who would like to provide that relief. The authors generate in the reader a respect for the biological underpinnings of trauma and the power of early attachment dynamics, showing us how to accept these realities while building the structures that will help the patient achieve symptom relief. The clarity of the text, particularly given the complexity of the material, combines with the wisdom and warmth of the authors to produce a "must read" for any therapist working with trauma patients." (Constance Dalenberg, Ph.D., 2005-12-22)

"The authors have provided a definitive resource on the treatment of all types of trauma, especially important as society faces more and more traumatic events. This book admirably meets its goal as a hands-on, practical guide for clinicians working with adult and older adolescent trauma survivors. The material is cutting edge, encompassing a wide range of interventions, including a very comprehensive chapter on psychopharmacology. It includes discussion of techniques and principles for which an evidence base has developed, as well as other techniques developed from clinical experience. This book will serve as an essential reference for all clinicians treating the traumatized, as well as a textbook for courses on the treatment of trauma." (Christine A. Courtois, PhD 2005-12-22)

"This is a phenomenal compilation of clinical, biological, neuropsychiatric, and psychotherapeutic information on the subject of trauma. The authors move from the very basic subject of "what trauma is" to the most complicated subjects of etiology and intervention. The usefulness of the book is greatly enhanced by the many case examples. This is a major contribution, both for those who treat and for theoreticians.... a must for every clinician!" (Marcia Goin, MD, PhD 2005-12-22)

"This book bridges the divide between CBT oriented, evidence based practitioners and those who endorse a more relationship based approach to chronic traumas. The authors offer a components based model for the delivery of trauma therapy that clearly illustrates how these two approaches can be compatible. As Briere and Scott demonstrate, the science and the art of therapy are both honored when there is systematic application of treatment components in the context of specific client needs. This book is just what is needed to advance our field."

(Lucy Berliner, MSW 2005-12-22)

"The chapter on psychopharmacology stands out in two ways. First, the integrative discussion of the psychology and biology of post-trauma outcome provides essential understanding for all who work with survivors, regardless of discipline. Second, the clarity and scope of this work provides both an accessible primer for practitioners new to trauma and a comprehensive pharmacology update for more experienced clinicians." (James High, MD 2005-12-22)

*"This book is an excellent teaching tool ?almost what one would expect from a course with details printed in different fonts and useful checklists for clinical work. I appreciate the choice of either reading individual chapters one at a time, each one with recommended reading sections at the end, or the benefits of reading*

*the book as a whole...Of special value in this book is the chapter dedicated to the psychopharmacology of trauma, as special attention is given to the most up-to-date research in the field of psychobiology"*

?CONTEMPORARY PSYCHOLOGY (Nicole Ruysschaert *CONTEMPORARY PSYCHOLOGY* 2007-10-08)

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#### **Laura Burnham:**

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**Isaiah Owens:**

People live in this new day of lifestyle always attempt to and must have the free time or they will get wide range of stress from both way of life and work. So , when we ask do people have free time, we will say absolutely yes. People is human not a robot. Then we inquire again, what kind of activity are there when the spare time coming to an individual of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative in spending your spare time, typically the book you have read is definitely *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment*.

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