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Descrizione fisica	1 online resource (222 pages) : illustrations
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Soggetti	Psychotherapy Counseling Psychotherapy Health psychology Psychotherapy and Counseling Health Psychology Traumes psíquics Psicoteràpia Relacions metge-pacient Llibres electrònics
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Chapter One: The Need for Utilizing Multiple Approaches for Complex PTSD: No Theory Has It All -- Chapter Two: How Trauma Stokes Fear: Considerations in Beginning of Therapy -- Chapter Three: Nurturing the Therapeutic Alliance: Mentalizing and Emotional Safety -- Chapter Four: The Therapeutic Alliance and Maintaining Physical Safety -- Chapter Five: Dissociation: Controversies and Clinical Strategies -- Chapter Six: The Need to Numb: Substance Abuse and Therapeutic Management -- Chapter Seven: When Trauma is in the Body: Managing Physical Concerns -- Chapter Eight: When Fight Impulses Dominate: Managing Anger -- Chapter Nine: Sociocultural Consideration in Trauma Treatment -- Chapter Ten: Vicarious Trauma and Self Care for the Trauma Therapist.

This forward-thinking volume outlines several approaches to therapeutic treatment for individuals who have experienced complex childhood and adult trauma, providing a framework for helping challenging patients and emphasizing the importance of maintaining good therapeutic relationships. Responding to the intense disagreement and competition among clinicians championing their own approaches, the book identifies the strengths and limitations of multiple theories of treatment, addressing the need for qualified clinicians to be versed in multiple theories and techniques in order to best benefit their patients. Among the topics discussed: Difficulties in diagnosing cPTSD among other similarly presenting disorders Cultural and ethnic considerations in trauma treatment Addressing avoidance when talking to patients Maintaining the therapeutic relationship with aggressive patients Treating Complex Trauma: Combined Theories and Methods serves as a practical guide for therapists looking to applying multiple approaches in their practice, with the aim of providing the most effective treatment strategy possible for each individual. "Dr. Tamara McClintock Greenberg provides perspicacious insight and clinical wisdom only a seasoned career therapist can yield. Offering sophisticated and nuanced distinctions between complex trauma and PTSD, she shows how treatment is necessarily contextual and tailored to the unique clinical and personality dynamics of the sufferer that is thoroughly client specific within the therapeutic dyad." --Jon Mills, PsyD, PhD, ABPP, Faculty, Postgraduate Programs in Psychoanalysis & Psychotherapy, Adelphi University, NY; author of Treating Attachment Pathology "Dr. Greenberg has written an invaluable book on treating complex trauma. She delves into multiple approaches, assessing what techniques the client can tolerate at a given therapeutic stage. She covers how to maintain consistency and connection through a flexible approach and avoid pitfalls. This is a must read for clinicians wishing to treat clients with complex PTSD." --Louann Brizendine, MD, Clinical Professor UCSF; author of The Female Brain.

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