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Nota di contenuto	Cover; Title; Copyright; Contents; Contributors; Foreword; Preface; Acknowledgments; Share Treating Military Sexual Trauma; Section I: Understanding Military Sexual Trauma; Chapter 1: What Is Military Sexual Trauma?; Definition; Prevalence; Reporting and Disclosure; Why is Sexual Trauma Higher in the Military?; Unique Factors of MST; Normal Reactions to Sexual Trauma; Seeking Treatment; References; Chapter 2: Historical and Military Cultural Context of Military Sexual Trauma; Sexual Violence Over Time and in Context; Military Culture and Sexual Violence; Conclusion; References Chapter 3: Attachment, Neurobiology, and Military Sexual Trauma Introduction; Early Life Trauma and the Emergence of the Emotional Response; Lifetime Cumulative Effect of Trauma and the HPA Axis; Additional Factors Contributing to Long-Term Vulnerability/Resiliency; Experiencing MST; Summary and Conclusion; References; Chapter 4: Came to Serve, Left Betrayed: Military Sexual Trauma and the Trauma of Betrayal; Introduction; Betrayal Trauma; Clinical Implications: Understanding the Role of Betrayal in Repairing Issues of MST; Conclusion; References

Section II: Treatments for Military Sexual Trauma
Chapter 5: Affect Regulation for Military Sexual Trauma; The Neurophysiology of Stress; Psychological Issues in Treatment; Affect Regulation; Cope Strategy; Conclusion; References; Chapter 6: Military Sexual Trauma and Treatment of Sleep Disorders and Nightmares; Sleep Disorders, Nightmares, and Sexual Trauma; Assessment; Interventions; References; Chapter 7: Substance Abuse, Military Sexual Trauma, and the Seeking Safety Model; MST and Substance Abuse; Seeking Safety-An Overview; Principles of Seeking Safety; Example of a Treatment Course
Seeking Safety in MST Survivors: Guidance for Clinicians
Conclusion; Government Resources Related to Substance Abuse Treatment; References; Chapter 8: Prolonged Exposure and Cognitive Processing Therapy for Military Sexual Trauma-Related Posttraumatic Stress Disorder; Theoretical Overview of Cognitive Behavioral Trauma-Focused Therapies; Therapeutic Components; Empirical Evidence for Trauma-Focused Treatments; Common Clinical Issues in Treating MST-Related PTSD; Conclusion; Acknowledgment; Note; References; Chapter 9: Treating Military Sexual Trauma With EMDR Therapy; Overview of EMDR Therapy
EMDR Therapy: A Three-Pronged Approach
Theoretical Underpinnings; Professional Organizations Recognize the Efficacy of EMDR Therapy; References; Chapter 10: Acceptance and Commitment Therapy: A Case Study for Military Sexual Trauma; Acceptance and Commitment Therapy; Acknowledgment; References; Chapter 11: Treating Military Sexual Trauma With Somatic Experiencing; Somatic Experiencing; Trauma and the Body; Military Sexual Trauma and the Body; Treatment of MST: Using Somatic Experiencing; Working with Trauma: The Case of Jill; References
Chapter 12: Healthy Sexual Functioning After Military Sexual Trauma: An Interview With Wendy Maltz

Sommario/riassunto

""Sexual assault within the military represents an ongoing epidemic that only recently has received the long-overdue attention it so desperately deserves. The health and well-being of the victims of sexual assault has just recently been acknowledged as equally important to that of the crime [itself] This book is so important in part because it continues this emphasis on caring for the victim. "" . -- Carl A. Castro, Ph.D., Colonel, U.S. Army (Ret.), University of Southern California. An evidence-based text for understanding and treating MST from multiple perspectives. The incidence of s
