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Nota di contenuto	Cover; Contents; Acknowledgments; 1 - Introduction; SECTION I: Complex Trauma Outcomes and Assessment; 2 -Complex Trauma in Adolescence and Young Adulthood; 3 - Assessment; 4 - Completing and Using the Assessment-Treatment Flowchart for Adolescents (ATF-A); SECTION II: Overview of Treatment; 5 - Central Aspects of ITCT-A; 6 - From Assessment to Intervention; 7 - Sequence and Session-Level Structure of ITCT-A; SECTION III: Treatment Components; 9 - Safety Interventions; 10 - Psychoeducation; 11 - Distress Reduction and Affect Regulation Training; 12 - Cognitive Processing 13 - Trigger Identification and Intervention14 - Titrated Exposure; 15 - Relational Processing; 16-Briere-46697; 16 - Interventions for Identity Issues; 17 Family Therapy; 18 - Interventions With Caretakers; 19 - Group Sessions; 20 - ITCT-A Treatment Outcome Results; 21 - Three Case Examples; 22 - Summary; Appendix I: Initial Trauma Review; Appendix III: TCT-A Assessment Locator; Appendix IV: Problems-to-Components Grid (PCG); Appendix VI: What Triggers Me? (The Trigger Grid); Appendix VII: Outlines for Two ITCT-A Therapy Groups; References; Index; About the Authors

Sommario/riassunto

This is a practical and research-based manual to guide students and practitioners on working specifically with traumatized adolescents. The book covers the problems and symptoms assessment, treatment overview, relationship building psychoeducation, training and regulation, and much more.
