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Nota di contenuto	Cover; Acknowledgments; Contents; List of Abbreviations; 1 The psychological impact of trauma; 2 Post-traumatic stress disorder; 3 Trauma theories; 4 The evaluation of trauma therapies; 5 Prolonged exposure; 6 Imagery methods; 7 Cognitive restructuring methods; 8 Psychodynamic psychotherapy; 9 Mindfulness-based therapies; 10 Eye movement desensitization and reprocessing; 11 The somatic psychotherapies; 12 The energy therapies; 13 Pharmacotherapy; 14 Narrative therapies; 15 Narratives of trauma and therapy; Author Index; General Index
Sommario/riassunto	It is well recognized that those who go through a major trauma can go on to experience psychological problems. Many seek psychological help and there is a now a range of psychotherapies specifically for those who have been through trauma. In this authoritative book John Marzillier describes and reviews the various forms of trauma therapy, examining what the therapies consist of, their research basis, their similarities and differences, and what they tell us about trauma and its effects. Designed specifically for therapists, and engagingly written, the book ranges from established therapies suc

