

1. Record Nr.	UNINA9910797598603321
Autore	Curran Linda
Titolo	101 trauma-informed interventions : activities, exercises and assignments to move the client and therapy forward / / by Linda Curran
Pubbl/distr/stampa	Eau Claire, WI : , : Premier Publishing & Media, , [2013] ©2013
ISBN	1936128535 1937661407 9781936128532 9781937661403 193612842X 9781936128426
Descrizione fisica	1 online resource (249 pages)
Disciplina	616.8521
Soggetti	Post-traumatic stress disorder - Treatment Post-traumatic stress disorder - Rehabilitation
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Tools and technique drawn from the most effective trauma modalities" --Cover.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Gestalt – Psychodrama – Yoga – Do-In – Qigong – EFT – Meridan Tapping Points – Jung's self shadow – Emotions – Stages of forgiveness.
Sommario/riassunto	"This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise." -- Publisher's description.