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Nota di contenuto	Cover -- Copyright -- About the Author -- Dedication -- Table of Contents -- Acknowledgments -- Introduction -- 1. Understanding Trauma and Complex PTSD -- 2. Theoretical Foundations of an Integrative Approach to Trauma Treatment -- 3. The Neurophysiology of Complex Trauma -- 4. The Therapeutic Relationship in Complex Trauma Treatment -- 5. Cultivating Presence with Mindfulness-Based Therapies -- 6. Attending to Dissociative Symptoms with Parts Work Therapy -- 7. Repatterning the Body with Somatic Psychology -- 8. Reprocessing the Past with Cognitive Behavioral and EMDR Therapies -- 9. Restoring Wellness with Complementary and Alternative Medicine -- 10. Nurturing Resilience and Post-Traumatic Growth -- References.
Sommario/riassunto	In The Complex PTSD Treatment Manual, clinicians will find the road map they need to conduct successful therapy with clients who have experienced prolonged exposure to traumatic events.