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| 1. Record Nr. | UNINA9910584582203321 |
| Titolo | Acta Facultatis Educationis Physicae Universitatis Comenianae |
| Pubbl/distr/stampa | Warsaw, Poland ; ; De Gruyter Open |
| Disciplina | 796 |
| Soggetti | Physical education and training
Physical education and training - Czech Republic
Periodicals.
Czech Republic |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Periodico |
| Note generali | Refereed/Peer-reviewed
Print version published: Bratislava : Slovenské Pedagogické
Nakladatelstvo, 1966- |
| 2. Record Nr. | UNINA9910811149403321 |
| Autore | Sanderson Christiane |
| Titolo | Counselling skills for working with trauma : healing from child sexual
abuse, sexual violence and domestic abuse // Christiane Sanderson |
| Pubbl/distr/stampa | London : , : Jessica Kingsley Publishers, , 2013 |
| ISBN | 0-85700-743-2 |
| Descrizione fisica | 1 online resource (332 p.) |
| Disciplina | 616.85830651 |
| Soggetti | Sexual abuse victims - Mental health
Sexual abuse victims - Counseling of
Victims of family violence - Mental health
Victims of family violence - Counseling of
Post-traumatic stress disorder - Treatment |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references and indexes. |

Nota di contenuto

part 1. Understanding complex trauma -- part 2. Working with complex trauma -- part 3. Skills to manage complex trauma symptoms -- part 4. Post-traumatic growth -- part 5. Professional issues.

Sommario/riassunto

Counselling Skills for Working with Trauma is a practical, introductory guide to counselling survivors of child abuse, neglect, rape, sexual violence, sexual trafficking, religious sexual abuse, and domestic abuse. Written in an accessible style, it provides a comprehensive introduction to complex trauma accompanied by advice on how to create a safe environment in which survivors can learn the skills to restore control over trauma symptoms, to aid healing and post traumatic growth. The book covers all of the key principles including: understanding the role of dissociation in complex trauma; t
