



# Trauma Practice : Tools for Stabilization and Recovery

*Anna B. Baranowsky, J. Eric Gentry*

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An essential reference and tool-kit for treating trauma survivors now updated and even more comprehensive.

Trauma Practice, now in its 3rd edition, is back by popular demand! Filled with new resources, this book based on the tri-phasic trauma treatment model is a guide for both seasoned trauma therapists and newer mental health professionals seeking practical approaches that work.

Clearly written and detailed, Trauma Practice provides the reader with an array of techniques, protocols and interventions for effectively helping trauma survivors. Trauma Practice will help you address the (cognitive, behavioral, body-oriented, and emotional/relational) aftermath of trauma using impactful care approaches. In addition to presenting the foundations of CBT trauma treatment, the authors also provide step-bystep explanations of many popular and effective CBT techniques developed through the lens of phased trauma therapy. Interventions include Trigger List Development, 3-6 Breath Training, Layering, Systematic Desensitization, Exposure Therapy, Story-Telling Approaches, as well as new approaches inspired by recent research on neuroplasticity such as Picture Positive, Corrective Messages from Old Storylines, and Thematic Map. Completely new sections are devoted to forward-facing trauma therapy, and clinician self-care. This is a manual that you will find useful everyday in your trauma practice.



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