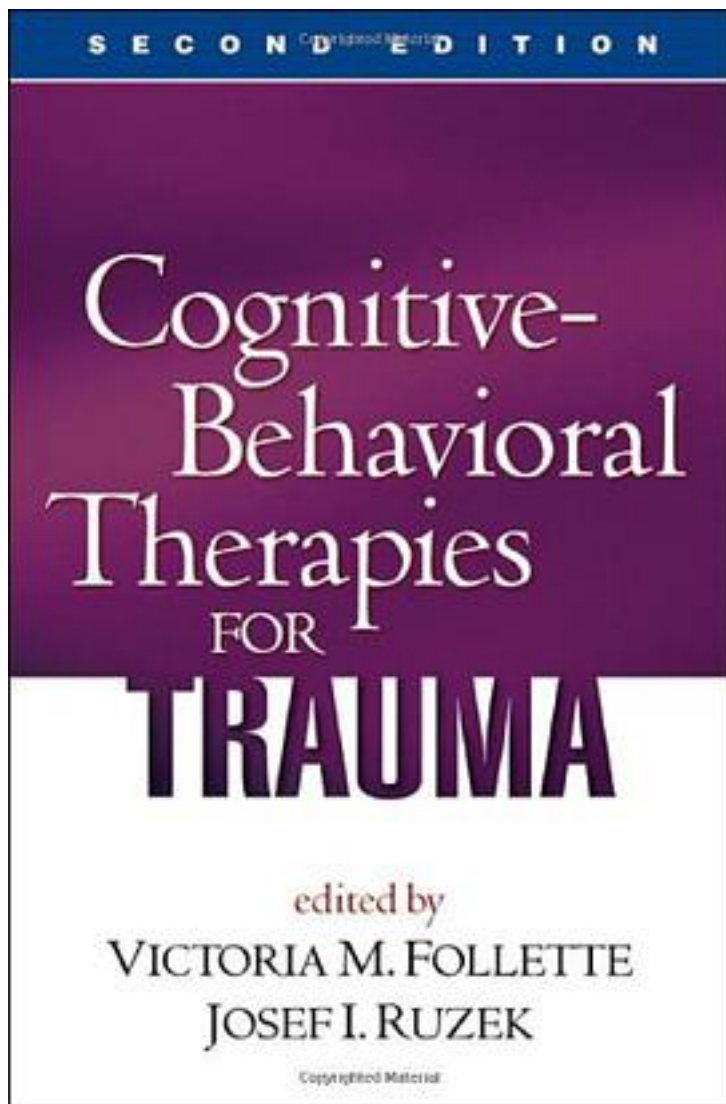


Cognitive-behavioral Therapies for Trauma



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This volume brings together leading clinicians and researchers to present cognitive-behavioral approaches to treating PTSD and other trauma-related symptoms and disorders. Solidly grounded in the latest theory and research, chapters describe pragmatic, clinician-friendly strategies for working with problems that are prevalent across a variety of trauma experiences, including intrusion and arousal, guilt, anger, substance abuse, dissociation, and relationship difficulties. Throughout, the volume emphasizes the importance of situating symptomatic thoughts, feelings, and behaviors in their interpersonal and environmental contexts, instead of focusing on trauma history alone or viewing clients through a lens of individual dysfunction. Providing a comprehensive account of the current state of cognitive-behavioral treatments for trauma, this volume is a highly practical tool for psychologists, psychiatrists, social workers, counselors, and other mental health professionals. It also serves as an exemplary text for graduate-level students in these areas.

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目录:

[Cognitive-behavioral Therapies for Trauma_ 下载链接1_](#)

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评论

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