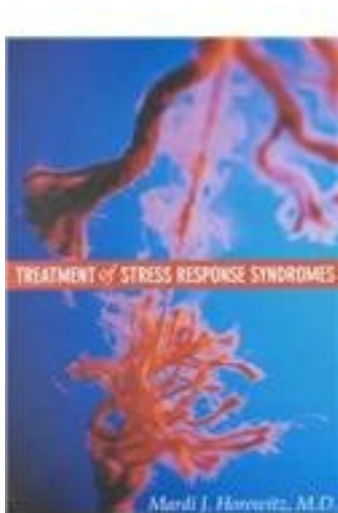


Treatment of Stress Response Syndromes



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"Treatment of Stress Response Syndromes" is the newest work from Mardi J. Horowitz, M.D., the clinical researcher largely responsible for modern concepts of posttraumatic stress disorder (PTSD). In this book, Dr. Horowitz reveals the latest strategies for treating PTSD and expands the coverage to include several related diagnoses. Clinicians who work with patients experiencing the effects of loss, trauma, and terror, will find this handbook to be of great practical value. Readers will learn how to: Diagnose, formulate, and treat stress response syndromes Do a step-by-step formulation, emphasizing strengths as well as problems Use a treatment approach that shifts as the patient changes The author guides the reader through a unique approach to treatment. Rather than organizing the book by individual diagnoses, he integrates essential explanatory principles and techniques-psychodynamic, cognitive-behavioral, and pharmacological-into a singular approach to apply to the range of diagnostic entities. With this solid grounding in foundation principles for stress disorders, clinicians will be able to diagnose and treat patients with individual

disorders more effectively. "Treatment of Stress Response Syndromes" is an invaluable resource for all psychotherapists today. It will give clinicians the knowledge and therapeutic tools they need to help patients develop hope for improvement, courage to face traumatic events, and new knowledge and skills for making adaptive change.

作者介绍:

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