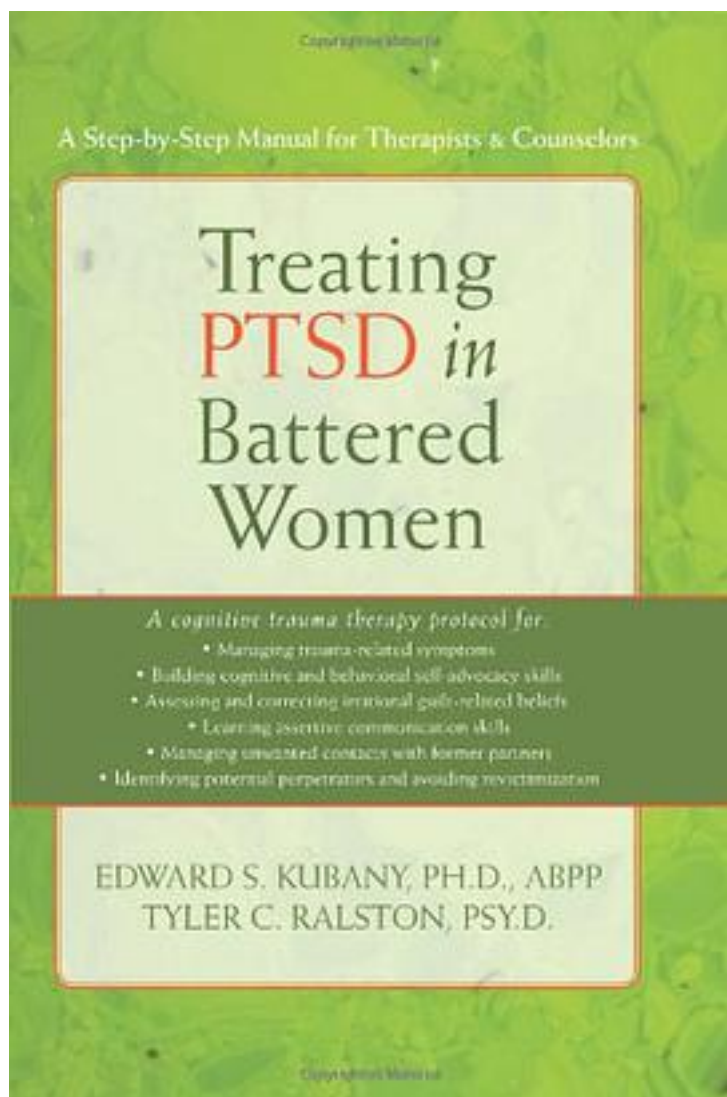


Treating PTSD in Battered Women



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This book for clinicians is based on a new treatment model for post-traumatic stress disorder, or PTSD, pioneered by authors Kubany and Ralston called cognitive trauma therapy, or CTT. This model includes techniques from current therapies, including psychoeducation, stress management and exposure work. CTT also includes techniques that specifically address some of the common issues for women survivors of domestic violence. These techniques assess and correct irrational guilt-related beliefs and work to reduce negative self talk, especially when it is related to guilt and shame, in particular. The book also includes modules that address related issues that often come up in the treatment of battered women: developing assertiveness, dealing with unwanted contact with former partners, learning to identify potential perpetrators, and avoiding revictimization. Of special note is the fact that the techniques presented in this book have proved effective when use by individuals with limited clinical education, making this a great resource for community health counsellors, and other individuals without extensive education or experience who provide primary assistance to battered women.

作者介绍:

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