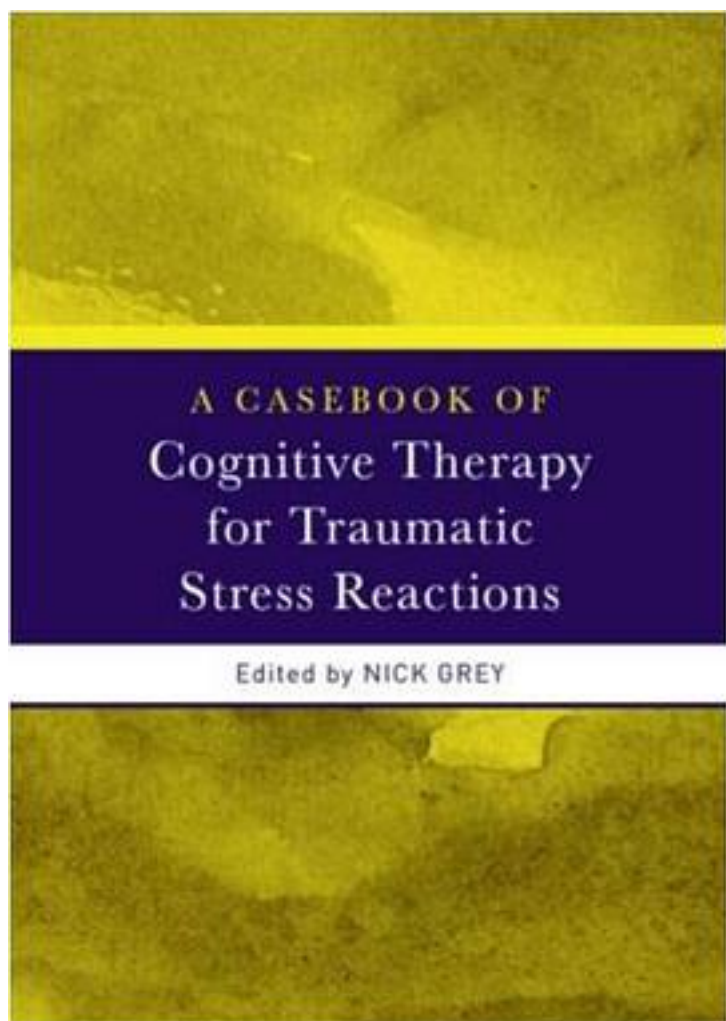


# A Casebook of Cognitive Therapy for Traumatic Stress Reactions



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Many people experience traumatic events and whilst some gradually recover from such experiences, others find it more difficult and may seek professional help for a range of problems. "A Casebook of Cognitive Therapy for Traumatic Stress Reactions" aims to help therapists who may lack specific training or who may not have an extensive range of clinical experience. The book includes descriptions and case studies of clinical cases of cognitive behavioral treatments involving people who have experienced traumatic events, including: people with phobias, depression and paranoid delusions following traumatic experiences; people with Post traumatic Stress Disorder (PTSD); people who have experienced multiple and prolonged traumatizations; and, people who are refugees or asylum-seekers. All chapters are written by experts in the field and consider what may be learned from such cases. In addition it is considered how these cases can be applied more generally in cognitive behavioral treatments for traumatic stress reactions. This book will be invaluable to all mental health professionals and in particular to therapists wanting to treat people who have experienced traumatic events, allowing them to creatively apply their existing knowledge to new clinical cases.

作者介绍:

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