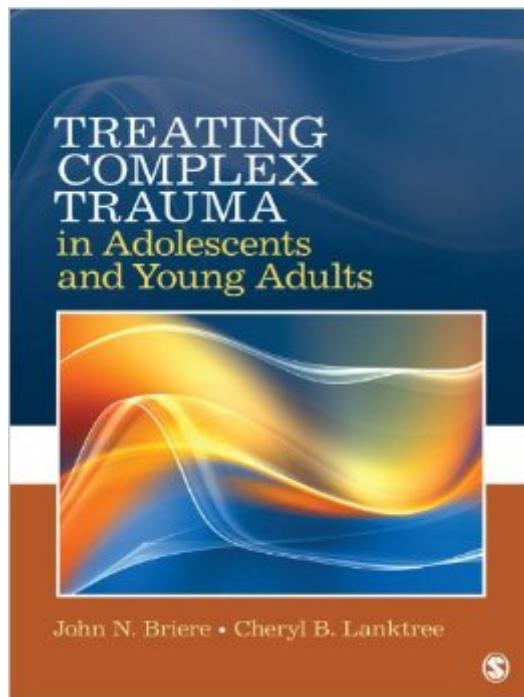


The book was found

# Treating Complex Trauma In Adolescents And Young Adults



## **Synopsis**

Treating Complex Trauma in Adolescents and Young Adults is the first empirically-validated, multi-component manual to guide practitioners and students in the treatment of multi-traumatized adolescents and young adults. Best-selling author, John Briere, and renowned clinician, Cheryl Lanktree, outline a hands-on, culturally-sensitive approach to the most challenging of young clients: those suffering from complex trauma histories, multiple symptoms, and, in many cases, involvement in a range of problematic behaviors. This model, Integrated Treatment of Complex Trauma for Adolescents (ITCT-A), integrates a series of approaches and techniques, which are adapted according to the youth's specific symptoms, culture, and age. Components include relationship-building, psychoeducation, affect regulation training, trigger identification, cognitive processing, titrated emotional processing, mindfulness training, collateral treatments with parents and families, group therapy, and system-level advocacy.

## **Book Information**

File Size: 1244 KB

Print Length: 271 pages

Page Numbers Source ISBN: 1412981441

Publisher: SAGE Publications, Inc; 1 edition (August 26, 2011)

Publication Date: August 13, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00ELTPW2M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #463,007 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #227

in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Pediatrics #229 in Books > Parenting & Relationships > Family Relationships > Abuse > Partner Abuse #581 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder

## **Customer Reviews**

I \*believe\* that this book would be a very worthy addition to any trauma clinician's library. However,

unfortunately I am not a clinician myself so I cannot assess the quality of the material with regards to clinical practice, how it incorporates theoretical frameworks, etc. "Then why are you writing this review?" Well, for one I think the scholarship probably speaks for itself. But the real reason is that I went and read the sample thinking that this was a book for the patient to read, and I felt like since so little has been said about it thus far I might as well introduce it a little and throw in my two cents as a young adult CT patient.-Why did they write this book?"Unfortunately, although complex trauma and its effects are common, there are few empirically informed treatments specifically developed for multiply traumatized children or adolescents. This is partially due to the challenging nature of the problem - the range of these impacts often requires a multimodal, multicomponent treatment strategy. Treatment approaches that are limited to a single modality (e.g., exposure therapy, cognitive therapy, or psychiatric medication) can sometimes be insufficient - especially if the intervention approach is not adapted to the specific experiences, psychological needs, and cultural matrix of the affected youth." This book is an attempt to outline such a multi-modal, intergrative approach (ITCT-A) based on the latest experimental findings.-What's in it?

[Download to continue reading...](#)

7 More Psychological Complexes That You Didn't Know Existed: Cinderella Complex, Superman Complex, Napoleon Complex, Messiah Complex, Phaedra Complex, ... Complex (Transcend Mediocrity Book 125) Treating Complex Trauma in Adolescents and Young Adults Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126) ACT for Adolescents: Treating Teens and Adolescents in Individual and Group Therapy Child Trauma Handbook: A Guide for Helping Trauma-Exposed Children and Adolescents Treating Complex Trauma: A Relational Blueprint for Collaboration and Change (Psychosocial Stress Series) Treating Complex Traumatic Stress Disorders (Adults): Scientific Foundations and Therapeutic Models Group Work with Adolescents, Third Edition: Principles and Practice (Clinical Practice with Children, Adolescents, and Families) Infants, Children, and Adolescents (Berk & Meyers, The Infants, Children, and Adolescents Series, 8th Edition) Headache and Your Child: The Complete Guide to Understanding and Treating Migraine and Other Headaches in Children and Adolescents Understanding, Diagnosing, and Treating ADHD in Children and Adolescents: An Integrative Approach (Reiss-Davis Child Study Center, Volume 3) Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency Treating Bulimia in Adolescents: A Family-Based Approach Best Music for Young Band: A Selective Guide to the Young Band/Young Wind Ensemble Repertoire Trauma-Focused CBT for Children and Adolescents: Treatment

Applications THE GRONNEDAL-IKA ALKALINE COMPLEX, SOUTH GREENLAND: THE STRUCTURE AND GEOLOGICAL HISTORY OF THE COMPLEX. A First Course in Complex Analysis with Applications (Jones and Bartlett Publishers Series in Mathematics: Complex) How Goats Can Fight Poverty: Complex problems do not always need complex solutions Rebuilding Shattered Lives: Treating Complex PTSD and Dissociative Disorders 'It Will Never Happen to Me!' Children of Alcoholics: As Youngsters - Adolescents - Adults

[Dmca](#)