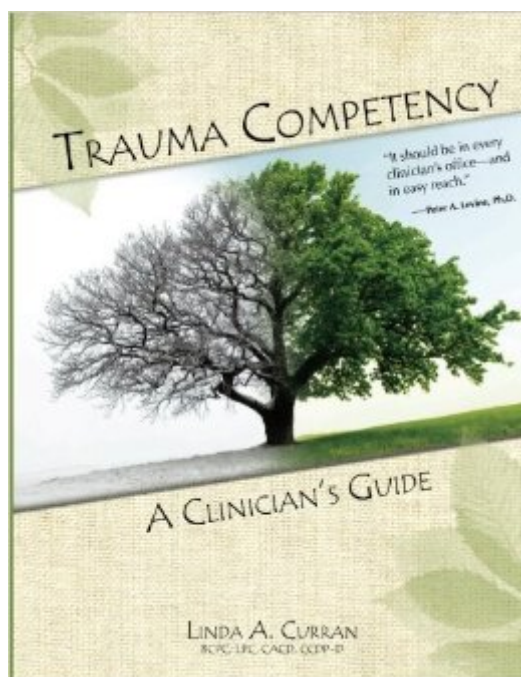


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# Trauma Competency: A Clinician's Guide



## Synopsis

This is a book for clinicians. More specifically, it is a book for clinicians to use with their clients affected by trauma's sequelae. Unique in its approach, author Linda Curran not only defines and explains the current trauma paradigm-relevant, theories and current neuroscience, but step-by-step demonstrates its in-session clinical utility and applicability. This is the book that clinicians will refer to daily - the beat-up book whose pages are falling out due to excessive handling, referencing specific pages over and over, and copying handouts for clients. From assessment through stabilization, from internal and external resourcing to the working through of traumatic material, each chapter guides the clinician further into trauma's theory and practice. Recommended for all clinicians working with trauma, this book is a clear and concise, reader-friendly illumination of the HOW and the WHY of trauma treatment.

## Book Information

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## Customer Reviews

Astute and highly experienced psychotherapist and teacher, Linda Curran, adds a gem to the rich literature of trauma assessment, diagnosis and treatment with her latest guidebook. I found this well-written and thoroughly researched text to be incredibly helpful and informative. The organization and explanations are thoroughly developed with a thoughtful but respectful approach. Coming from a systemic, marriage and family background background, I also appreciated that the author included an explanation of Internal Family Systems (Richard Schwartz, et al) and Narrative Psychotherapy (Michael White, David Epston and colleagues) two of the most promising schools of systemic

psychotherapy in the treatment of trauma injury. Much can be accomplished and reclaimed if we remember the interconnectedness of individual - family - community. This book is worth every penny and I highly recommend it.

This book is a great resource, chock full of practical info and skills you can share with clients. TIP: I take all books like this that are meant to be photocopied to Kinkos (or whatever big copy shop is by you) and have them cut the spine off and 3 hole punch it. It costs like, \$2. Then you can easily send it through the copy feeder instead of having to stand and flip pages and try to flatten them so you don't get that gray part on the copy.

packed with useful information about trauma and its impact. has many easy to practice and effective techniques for dealing with symptoms. helpful for both clinicians and clients. one of the best i have come across in this genre. very user friendly and filled with the latest information. i highly recommend it!

I love this book and will use it often. Breaks down some of the basic skills in self-regulation clearly. Can be used as a self-help book or by a clinician working with clients.

This is a must have for every clinician dealing with PTSD and Trauma. It is a very comprehensive quick read that covers everything from the DSM-IV criteria to the unique grounding exercises including tapping. This is a great book, a must have.

This book takes you step by step through the basic steps for any trauma counseling. I use it with my clients and it has helped me be a better therapist.

Loved this book. I just recently graduated with a Masters in Clinical Mental Health and this book is an excellent resource book. I bought this on my kindle, which was a bonus because I only need to click on the internet source and I am immediately connected to the material. The book is a combination of information regarding how trauma effects your client's, how to handle that, and the resources to do so. The book is heavy on resources which I like and she makes it super easy to access them. I have already recommended this book to several of my colleagues.

Anyone who is dealing with those affected by short and long term afflicted PTSD and complex

PTSD survivors will definitely appreciate and learn from this volume. It has several very good work sheets to work through with clients and will expand the professional's own understanding of what we deal with in affected individuals. I will refer to this volume regularly as I work with those co-affected by alcohol/drug problems and PTSD. Recommended for the professional.

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