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Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment is a hands-on, practical guide to trauma treatment that integrates a multi-modal approach to a wide range of posttraumatic outcomes.

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The ability to tolerate emotion (self-soothe; regulate affect) is a primary task of treatment, and accounts for the importance of Phase I. Attempts to 'process' trauma in the absence of ability to self-regulate can precipitate overwhelm and re-traumatization. 'Processing' of complex trauma is a Stage II task and should not be encouraged in the absence of the foundational self-regulatory work of Phase I.

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Four interventions are strongly recommended, all of which are variations of cognitive behavioral therapy (CBT). The category of CBT encompasses various types and elements of treatment used by cognitive behavioral therapists, while Cognitive Processing Therapy, Cognitive Therapy and Prolonged Exposure are all more specialized treatments that focus on particular aspects of CBT interventions.

Treatments for PTSD

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world" treatment of acute and chronic posttraumatic states. Grounded in empirically-supported trauma treatment techniques, and adapted to the complexities of actual clinical practice, it is a hands-on resource for both front-line clinicians in public mental health and those in private practice.

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