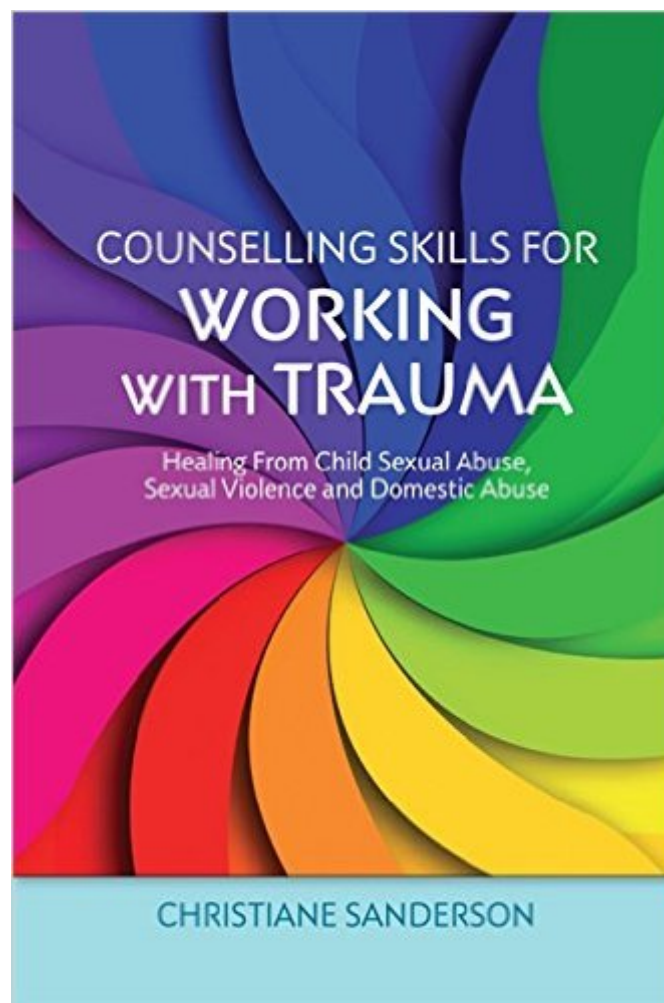


The book was found

Counselling Skills For Working With Trauma: Healing From Child Sexual Abuse, Sexual Violence And Domestic Abuse (Essential Skills For Counselling)



Synopsis

Counselling Skills for Working with Trauma is a practical, introductory guide to counselling survivors of child abuse, neglect, rape, sexual violence, sexual trafficking, religious sexual abuse, and domestic abuse. Written in an accessible style, it provides a comprehensive introduction to complex trauma accompanied by advice on how to create a safe environment in which survivors can learn the skills to restore control over trauma symptoms, to aid healing and post traumatic growth. The book covers all of the key principles including: understanding the role of dissociation in complex trauma; the role of attachment; managing flashbacks, panic attacks, nightmares and dissociation; responding to shame and guilt; managing relationships; and the impact of working with complex trauma. It explores how practitioners can work more effectively with trauma, and offers techniques and skills which can easily be integrated into different therapeutic models. Featuring highlighted top tips, common pitfalls and a range of exercises, this is an essential guide for all professionals working with child and adult survivors of trauma.

Book Information

Series: Essential Skills for Counselling

Paperback: 328 pages

Publisher: Jessica Kingsley Publishers (September 21, 2013)

Language: English

ISBN-10: 184905326X

ISBN-13: 978-1849053266

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #759,633 in Books (See Top 100 in Books) #205 inÂ Books > Politics & Social Sciences > Sociology > Abuse #330 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #662 inÂ Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder

Customer Reviews

Good reading, I would like if it had more case studies it makes it easier to take in the theory

very useful when working with trauma clientele

great tool for clinicians

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