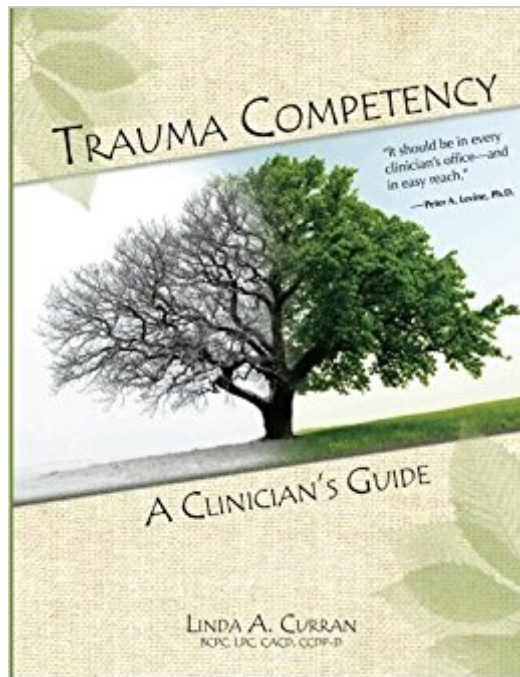




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# Trauma Competency: A Clinician's Guide



## 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

It is a user-friendly, accessible but comprehensive manual that should be in the library of any therapist who works with trauma, and in the library of the client themselves. Those who use it will soon find it full of yellow stickies, folded page tips and highlighted sections of print, so it should also be within easy reach. --Robert C. Scaer, M.D., author of *The Body Bears the Burden: Trauma, Dissociation and Disease* Trauma Competency...draws from a rich variety of sources and tools to help clients navigate the challenging waters of trauma. This comprehensive guide utilizes not only traditional cognitive approaches but extends to such areas as nutritional supplementation and

cutting edge somatic exercises that help to restore the body/mind to equilibrium and wholeness.

--Peter A. Levine, Ph.D., author of *Waking The Tiger: Healing Trauma* and *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body* A handbook that any trauma clinician can make instant use of. Curran has collected a treasure trove of wisdom and practical advice from leaders in the field of traumatic stress, editing the format into a highly accessible and easily useable treatment adjunct. --Babette Rothschild, author of *The Body Remembers* and *8 Keys to Safe Trauma Recovery*

President of Integrative Trauma Treatment, LLC in Havertown, PA, Linda currently provides clients an integrative approach to trauma treatment. As an individual and group psychotherapist, she works with simple and complex PTSD in adolescent and adult populations- including clients with co-occurring and eating disorders, sexual trauma, self-injury, and Axis II diagnoses. Linda holds advanced degrees in both clinical psychology and public health. A Licensed Professional Counselor; Certified Addiction Counselor Diplomate; Certified Co-Occurring Disorders Professional; Certified Gestalt Therapist; Certified Hypnotherapist; and Certified Level II EMDR practitioner, Linda is a regional and international speaker on the treatment of trauma. She has developed, produced, and presents multi-media workshops on all aspects of psychological trauma. Linda continues to advocate for accessible, coherent, integrative trauma treatment for all those affected by trauma.

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 is a wonderful beginner's tool for trauma so far. I have enjoyed reading about the various suggested techniques, and I have received feedback from my clients that they enjoy the psychoeducational part of the reading as well. Would recommend this book to other budding clinicians!

There wasn't much in here that I didn't already know as a trauma therapist. The exercises were a little too basic and wordy, particularly to use with children and teens.

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 book is out-dated and has old DSM criteria. It has some practical worksheets but not an updates trauma workbook.

A must-have in every counselor's office.

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.

Awesome ready to use resources...as a mental health clinician I appreciate the variety and simplicity of the interventions...

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