



101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran Bcpc Lpc Cacd Ccdpd

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This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise.

Tools and techniques drawn from the most effective trauma modalities:

- * Art Therapy
- * CBT
- * DBT
- ** EFT
- * EMDR
- * Energy Psychology
- * Focusing
- * Gestalt Therapy
- * Guided Imagery
- * Mindfulness
- * Psychodrama
- * Sensorimotor Psychology

* Somatic Experiencing and Movement Therapies

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- Sales Rank: #182801 in eBooks

- Published on: 2015-08-01
- Released on: 2015-08-01
- Format: Kindle eBook

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Editorial Review

Review

"This is an imminently practical workbook that shows a variety of invaluable techniques to get centered, calm and organized. An effective and enjoyable guide to help you feel in charge of yourself." ~ **Bessel van der Kolk, M.D.**, Renowned trauma expert, author & psychiatrist

"This workbook provide a plethora of effective tools -- traditional as well as innovative." ~ **Babette Rothschild, MSW**, author of The Body Remembers and Keys to Safe Trauma Recovery

"Linda Curran has carefully and knowledgeably curated a practical, effective collection of interventions that actually work form trauma survivors." ~ **Belleruth Naparstek, LISW**, author of Invisible Heroes: Survivors of Trauma and How They Heal

"Drawing from the whole spectrum of trauma-based therapies, Linda Curran has compiled of practical exercises designed to help therapists and their clients better navigate the mine field that trauma work can be and find the path to healing." ~ **Richared Schwartz, Ph.D.**, author of Internal Family Systems Therapy

"101 Trauma-Informed Interventions provides an accessible functional 'playbook' for therapists committed to the rehabilitation of the client with a trauma history." ~ **Stephen W. Porges, Ph.D.**, author of The Polyvagal Theory

"An interesting compendium of potential interventions that can be interwoven into any therapist's existing conceptual framework." ~ **Louis Cozolino, Ph.D.**, author of The Neuroscience of Psychotherapy

"Both new and experienced therapists will enrich their clinical practices with this book. It should be part of every therapist's library." --~ **Mike Dubi, Ed.D., LMHC**, President, International Association of Trauma Professionals

About the Author

Linda Curran, BCPC, LPC, CAC-D, CCDP is President of Integrative Trauma Treatment, LLC, in Havertown, PA. Currently, she provides clients an integrative approach to trauma, and treats PTSD in adolescent and adult populations, including clients with eating disorders, sexual trauma, and self-injury. An international speaker on the treatment of trauma, Linda has developed, produced, and presents multi-media workshops on all aspects of psychological trauma.

Users Review

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Katie Johnson:

Hey guys, do you would like to finds a new book to see? May be the book with the title 101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward suitable to you? The particular book was written by renowned writer in this era. Typically the book untitled 101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forwardis one of several books that everyone read now. That book was inspired lots of people in the world. When you read this book you will enter the new way of measuring that you ever know previous to. The author explained their idea in the simple way, and so all of people can easily to know the core of this book. This book will give you a lot of information about this world now. So you can see the represented of the world within this book.

Jordan Moore:

101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward can be one of your starter books that are good idea. We recommend that straight away because this reserve has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort to get every word into enjoyment arrangement in writing 101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward yet doesn't forget the main stage, giving the reader the hottest and based confirm resource info that maybe you can be considered one of it. This great information could drawn you into completely new stage of crucial considering.

Robert Wilkes:

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Naomi Dillon:

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