Treating the Trauma of Rape

Cognitive-Behavioral Therapy for PTSD

Edna B. Foa Barbara Olasov Rothbaum

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SJ Dodd

Treating The Trauma Of Rape Treating The Trauma Of Rape:

Treating the Trauma of Rape Edna B. Foa, Barbara Olasov Rothbaum, 2001-10-24 After reviewing the relevant treatment literature the authors detail how to assess and treat PTSD using a cognitive behavioral approach Co mplete instructions are given for planning treatment as well as for introducing the patient to the various interventions. Nine exposure and stress management techniques are then detailed including imaginal ex posure trauma reliving in vivo exposure relaxation training thought stopping cognitive restructuring covert modeling and role playing Enhancing the books clinical utility are numerous case examples il lustrating how to implement the techniques as well as explanations of how to cope with common problems and complications in treatment The final chapter presents detailed outlines of three suggested treatment programs Trauma of Sexual Assault Jenny Petrak, Barbara Hedge, 2003-07-07 The psycho social needs of victims of rape and sexual assault are increasingly recognised and there is a need for a critical synthesis of knowledge and practice to support the development of training and best practice in the mental health and sexual health professions The Trauma of Sexual Assault provides an understanding of the theoretical underpinning of the wide range of clinical problems that can follow sexual assault Focusing on adult victims of sexual assault this book brings together research findings theoretical perspectives and implications for treatment longer term management and future policy. The first text to consider the psychological impact of sexual assault on women and men Incorporates a comprehensive flow through model of psychological and social management from the initial presentation of the assaulted person onwards A much needed reference accessible to a wide range of professionals Part of the Wiley Series in Clinical Psychology Treating Trauma Survivors With PTSD Rachel Yehuda, 2008-08-13 In recent years considerable research as well as clinical guidelines based on study findings has been published on the treatment of posttraumatic stress disorder PTSD A gap remains however between the controlled environments and protocols used in intervention research and the more complex and often imperfect settings and situations that clinicians must navigate in daily practice Moreover clinicians routinely see patients whose comorbid substance abuse self destructive behavior or medical illness would likely exclude them from research studies In short although the extensive literature is certainly helpful in articulating the various treatment modalities available to clinicians the strength of the evidence for the efficacy of the treatments and the recommendations and personal preferences of experts the literature does not address the real life dilemmas that clinicians face in attempting to treat trauma survivors. What is needed is a way to bridge the gap between research and practice to translate study findings into everyday clinical realities Treating Trauma Survivors With PTSD answers that need Its authors experienced researchers and clinicians who are at the forefront of conceptual discourse on trauma and PTSD are uniquely qualified to offer guidance on these issues Among the specific topics covered are the following Diagnosis and assessment of and treatment planning for trauma survivors with PTSD including clinical presentations related to trauma exposure and PTSD and the implications of comorbid symptoms and disorders

Treatment matching in clinical practice how treatment outcome findings can be used to develop profiles for predicting which patients are most likely to respond to which treatments Medications useful in the treatment of PTSD and the strength of the empirical evidence for their efficacy Trauma in children and the efficacy of various treatments including a discussion of how treatment for children differs from that for adults Assessment and treatment of multiply traumatized patients those with both recent trauma and a history of childhood trauma or abuse Treatment of trauma survivors in the acute aftermath of traumatic events including a review of some of the exciting developments in the field regarding risk factors e g normal vs pathological coping responses that influence which individuals are most likely to develop PTSD after such events These topics have never been more relevant than now in the wake of the attacks that shook our country on September 11 2001 It is the authors hope that by reading this book mental health practitioners will gain more confidence in applying the specialized techniques described in empirical studies to their own practices and clinical realities **Reclaiming Your Life After Rape:** Cognitive-Behavioral Therapy for Posttraumatic Stress Disorder Client Workbook Barbara Olasov Rothbaum Associate Professor in Psychiatry and Director of the Trauma and Anxiety Recovery Program Emory University School of Medicine, and Director Edna B. Foa Professor, Center for Treatment and Study of Anxiety Allegheny University of Health Sciences, 2004-11-11 This powerful client workbook is written in an encouraging and easy to understand style specifically for women who have been sexually assaulted and have developed chronic symptoms of posttraumatic stress disorder PTSD Clients learn how cognitive behavioral therapy has helped other victims and how it can work for them This book explains how to distinguish PTSD symptoms from other disorders and teaches powerful techniques for overcoming these symptoms In writing this book the authors aim to address two goals First they want to present information about PTSD and related problems in language understandable to nonprofessionals This information will include a review of the studies on posttrauma problems and on the effectiveness of different treatments They also describe why some survivors develop PTSD and others do not The second goal of the book is to provide a detailed client workbook for the treatment of trauma related problems especially PTSD to assist clients working with a therapist The authors are aware of the fact that people have different problems and different needs What works for one person may not work for another Therefore they describe several different treatment techniques The book is organized around the different cognitive behavioral techniques that have been studied and proven effective with women sufferers of PTSD following an assault Throughout the book the authors focus mainly on women who have been sexually assaulted and as a result developed chronic symptoms of PTSD which have disturbed their daily functioning and cause them emotional distress Most of the examples they use to demonstrate the cognitive behavioral techniques are drawn from their experience in treating rape survivors However the cognitive behavioral procedures outlined here have been as successful in helping women who have been sexually abused in childhood and adult female survivors of nonsexual assaults like aggravated assault and robbery Other survivors of traumas such as natural disasters and car

accidents were also helped by this cognitive behavioral approach Trauma Treatment Techniques Jacqueline Garrick, Mary Beth Williams, 2014-05-22 Examine alternative techniques for dealing with post traumatic stress disorder Trauma Treatment Techniques Innovative Trends examines alternative approaches to talk therapies that help relieve stress in trauma survivors Experts in a range of practice areas present mental health providers with methods that augment or go beyond traditional techniques including art therapy virtual reality humor residential programs emotional freedom techniques EFT traumatic incident reduction TIR and thought field therapy TFT This unique book serves as a primer on new and creative means of working with combat veterans survivors of child abuse victims of rape and other violent crimes refugees victims of terrorism and disaster survivors Since the late 19th century mental and medical health professionals social workers clinicians and counselors have attempted to help patients mitigate symptoms and reduce distress by employing a variety of treatment techniques methods strategies and procedures Trauma Treatment Techniques Innovative Trends represents a significant addition to the available literature on post traumatic stress disorder PTSD and acute distress providing therapists with much needed options in their efforts to help trauma sufferers recover find new meaning and reach for new hopes and happiness Trauma Treatment Techniques Innovative Trends examines debriefing interventions in school settings instructions and safeguards for using emotional freedom techniques EFT when debriefing in disaster situations the use of creative art therapies to reach out to war refugees the use of virtual reality based exposure therapy VRE to desensitize Vietnam veterans with PTSD from traumatic memories humor as a healing tool repressed memory physiology and meridian treatment points in the body a six step methodology for diagnosing PTSD a 90 day residential program for treatment of PTSD PTSD motivation enhancement ME groups autism as a potential traumatic stressor and much more Trauma Treatment Techniques Innovative Trends is an invaluable resource of inventive techniques that offer hope for recovery to anyone who has suffered life s worst Psychological Trauma and Addiction Treatment Bruce Carruth, 2013-10-23 Important reading for current and injuries future addictions treatment clinicians this book synthesizes and integrates the expanding body of knowledge about combined trauma addiction treatment to specifically address the needs of clinicians in addiction treatment environments Here in a single source is an essential overview of trauma treatment for people in addiction treatment settings Psychological Trauma and Addiction Treatment presents specific methodologies and techniques for clients in inpatient and outpatient addiction mental health settings The contributors leading clinicians and researchers in the field provide a comprehensive set of scientific treatment approaches addressing a broad spectrum of trauma disorders Psychological Trauma and Addiction Treatment brings you up to date authoritative coverage of the dynamics of co occurring psychological trauma and addiction all of the primary treatment frameworks currently utilized in trauma treatment treatment frameworks that take gender into account cognitive therapies in treating these co occurring disorders the role of psychodynamic psychotherapies in treatment attachment disorders and their relation to trauma and addiction treatment EMDR as a treatment for traumatized addicts the

psychoneurology of trauma and the implications of psychoneurology in addictions and trauma treatment how self help groups can contribute to and limit recovery for psychologically traumatized clients forgiveness therapy as an adjunct to trauma treatment counselor self care for those who work with this client population Ultimately this is a book of hope Every author in this text has a firm belief that people with co occurring trauma and addiction can recover can maintain quality relationships can confront life s challenges as they arise and can be happy and fulfilled Psychological Trauma and Addiction Treatment is designed as essential reading for entry level and experienced addiction counselors social workers professional counselors **Treating Traumatic Bereavement** Laurie Anne psychologists and others working in the trauma treatment field Pearlman, Camille B. Wortman, Catherine A. Feuer, Christine H. Farber, Therese A. Rando, 2014-01-13 This book presents an integrated treatment approach for those struggling to adapt after the sudden traumatic death of a loved one The authors weave together evidence based clinical strategies grounded in cutting edge knowledge about both trauma and grief The book offers a clear framework and many practical tools for building survivors psychological and interpersonal resources processing their trauma and facilitating mourning In a large size format for easy photocopying the book includes over 30 reproducible handouts Purchasers can access a companion website to download and print these materials as well as supplemental handouts and a sample 25 session treatment plan Winner Second Place American Journal of Nursing Book of the Year Award Psychiatric and Mental Health Nursing Category Understanding and Treating Military Sexual Trauma Kristen Zaleski, 2018-05-02 This authoritative update presents current findings on and clinically and ethically sound responses to the epidemic of sexual assault in the military It examines in powerful detail how military culture enables a pervasive subculture of sexual violence from consistently devaluing women to blaming victims and denying them justice The author's dual attachment trauma theory lens attends to a wide range of outcomes such as unit members closing ranks against survivors and the continuing impact of assault trauma on veterans lives And the book s second half critiques standard forms of treating military sexual trauma in favor of individualized therapy addressing the physical psychological and neurological aspects of trauma and recovery This important volume covers Theory and history of sexual violence as a weapon of war Legal and health considerations in the aftermath of military sexual assault Critical distinctions between military and civilian legal response to sexual assault Variations in symptomology among survivors Specific barriers to services for male and LGBT survivors New and emerging treatment options for military sexual trauma PTSD This Second Edition of Understanding and Treating Military Sexual Trauma follows its predecessor as an essential reference on its subject for mental health clinicians treating sexual trauma in the military as well as trauma researchers sociologists women s health practitioners and university students whose focus is women s studies public policy public health social work psychology sociology or political science

<u>Treating Trauma-Related Dissociation</u> Kathy Steele, Suzette Boon, Onno van der Hart, 2016-11-29 Winner of the 2017 International Society for the Study of Trauma and Dissociation ISSTD Pierre Janet Writing Award Establishing safety and

working with dissociative parts in complex trauma therapy Therapists around the world ask similar questions and struggle with similar challenges treating highly dissociative patients This book arose not only out of countless hours of treating patients with dissociative disorders but also out of the crucible of supervision and consultation where therapists bring their most urgent questions needs and vulnerabilities The book offers an overview of the neuropsychology of dissociation as a disorder of non realization as well as chapters on assessment prognosis case formulation treatment planning and treatment phases and goals based on best practices The authors describe what to focus on first in a complex therapy and how to do it how to help patients establish both internal and external safety without rescuing how to work systematically with dissociative parts of a patient in ways that facilitate integration rather than further dissociation how to set and maintain helpful boundaries specific ways to stay focused on process instead of content how to deal compassionately and effectively with disorganized attachment and dependency on the therapist how to help patients integrate traumatic memories what to do when the patient is enraged chronically ashamed avoidant or unable to trust the therapist and how to compassionately understand and work with resistances as a co creation of both patient and therapist Relational ways of being with the patient are the backbone of treatment and are themselves essential therapeutic interventions As such the book also focused not only on highly practical and theoretically sound interventions not only on what to do and say but places strong emphasis on how to be with patients describing innovative compassionately collaborative approaches based on the latest research on attachment and evolutionary psychology Throughout the book core concepts fundamental ideas that are highlighted in the text in bold so they can be seen at a glance are emphasized These serve as guiding principles in treatment as well as a summing up of many of the most important notions in each chapter Each chapter concludes with a section for further examination These sections include additional ideas and questions exercises for practicing skills and suggestions for peer discussions based on topics in a particular chapter meant to inspire further curiosity discovery and growth Treating Traumatic Stress in Adults Stephanie Field, Kathy McCloskey, 2015-10-14 Treating Traumatic Stress in Adults is a resource for therapists of all disciplines for use in the treatment of adults suffering from post traumatic stress By reading this unique synthesization of information on the most current trauma treatments and expressive writing exercises practitioners will gain an integrative and practical set of tools for treating post traumatic stress Also included are numerous diverse case vignettes exercises for building trust in the patient client relationship and sections dedicated to exploring the client's thought patterns and emotions to provide an opportunity for exposure healing and restructuring maladaptive beliefs Clinical Exercises for <u>Treating Traumatic Stress in Children and Adolescents</u> Damion J. Grasso, 2014-01-21 This practical resource is designed to support clinicians working with trauma exposed 8 18 year olds It outlines the principles of effective treatment and provides practical guidance for tailoring treatment to the needs of individuals The featured worksheets and resources are designed to be compatible with evidence based treatment models **Treating the Trauma of Rape ...** Foa,1997 Cognitive Therapy

Across the Lifespan Mark A. Reinecke, David A. Clark, 2003-09-25 This balanced evidence based overview examines the effectiveness of cognitive behavioral therapy in clinical practice Intimate Betrayal Vernon R. Wiehe, Ann Richards, 1995-07-13 Focused and timely Chapters on special issues highlight marital rape legal factors the recovery process and prevention Important factual information is interspersed with painfully graphic first person responses from survivors This book is an important contribution to the trauma and recovery literature Terry L Sweig in READINGS A Journal of Reviews and Commentary in Mental Health This book addresses the problem of acquaintance rape and its complexity in a comprehensive manner The book provides helpful information and treatment suggestions for those professionals who wish to know more about this important issue It is a useful addition to the field of mental health Doody's Health Sciences Book Review Journal Spousal rape and acquaintance rape are treated in this book It is an important text for therapists in the field Ron MacIssac review in What's Happening Victoria B C Every year thousands of women are raped by someone they know and never report the sexual assault partly because acquaintance rape is still widely misunderstood in our society and victims are often blamed for the crime Addressing a need to change perceptions about this type of assault this important book informs and educates about the nature of acquaintance rape and its impact on the victim intervention and prevention The chapters on intervention include material on crisis intervention tools for effective rape counseling and strategies for meeting the psychosocial needs of survivors who are facing long term recovery due to previous sexual assault victimization Survivors vividly describe the events in their own words bringing home the horror of acquaintance rape and the immediate need for action to prevent it The authors also offer a special chapter on marital rape to expose this long denied and insidious form of rape In addition a useful review of current literature pinpoints interventions crucial to rape prevention Intimate Betrayal is essential reading for mental health professionals crisis centers student services and law enforcement personnel pastoral counselors legal professionals social workers and advanced clinical students But in addition to the helping professionals this memorable book provides information important to any reader interested in understanding the nature and treatment of acquaintance rape **Understanding Trauma** Caroline Garland, 1998 Revised edition with additional chapter This book from the Tavistock Clinic Series is about what follows the breakdown in functioning either short or longer term provoked by a traumatic event The authors offer a psychoanalytical understanding of the meaning of the trauma for an individual illuminating theory with detailed clinical illustration and case histories A range of therapeutic procedures is described

Evidence-Based Practice Manual Albert R. Roberts, Kenneth R. Yeager, 2004-01-15 The Evidence Based Practice Manual was developed as an all inclusive and comprehensive practical desktop resource It includes 104 original chapters each specially written by the most prominent and experienced medical public health psychology social work criminal justice and public policy practitioners researchers and professors in the United States and Canada This book is specifically designed with practitioners in mind providing at a glance overviews and direct application chapters This is the only interdisciplinary

volume available for locating and applying evidence based assessment measures treatment plans and interventions Particular attention has been given to providing practice guidelines and exemplars of evidence based practice and practice based research The Evidence Based Practice Manual emphasizes and summarizes key elements issues concepts and how to approaches in the development and application of evidence based practice Discussions include program evaluation quality and operational improvement strategies research grant applications validating measurement tools and utilizing statistical procedures Concise summaries of the substantive evidence gained from methodologically rigorous quantitative and qualitative research provide make this is an accessible resource for a broad range of practitioners facing the mandate of evidence based practice in the health and human services The Routledge International Handbook of Social Work and Sexualities SJ Dodd, 2021-07-19 This Handbook is the first volume to address the dynamic issues related to sexuality from a social work perspective by providing a comprehensive current and international overview of issues related to sexuality It explains how each issue is important and critically discusses the leading views in the area providing diverse and inclusive perspectives from leading scholars in the field Divided into seven parts Structural Context Sexual Identities Sexuality trough the Lifespan Health Mental Health and Sexuality Sexual Health and Well Being Pleasure Desire and Consent Practice Issues Regulating Sexuality Historical and Contemporary Legislation It will be of interest to students academics researchers and practitioners of social work and related health and social care subjects and is particularly relevant for practice courses as well as courses on Human Growth and Development and Human Behavior in the Social Environment Treatment: Addressing the Specific Needs of Women Treating Trauma in Dialectical Behavior Therapy Melanie S. Harned, 2022-03-02 Many DBT clients suffer from posttraumatic stress disorder PTSD but until now the field has lacked a formal tested protocol for exactly when and how to treat trauma within DBT Combining the power of two leading evidence based therapies and designed to meet the needs of high risk severely impaired clients this groundbreaking manual integrates DBT with an adapted version of prolonged exposure PE therapy for PTSD Melanie S Harned shows how to implement the DBT PE protocol with DBT clients who have achieved the safety and stability needed to engage in trauma focused treatment In a convenient large size format the book includes session by session guidelines rich case examples clinical tips and 35 reproducible handouts and forms that can be downloaded and printed for repeated use Treating Trauma and Traumatic Grief in Children and Adolescents,

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