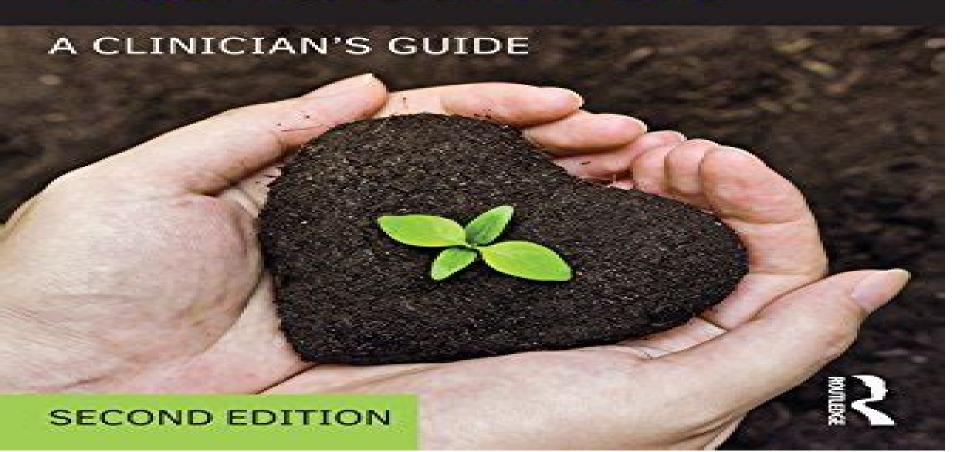
LISA FERENTZ

Treating Self-Destructive Behaviors in Trauma Survivors



<u>Treating Self Destructive Behaviors In Trauma Survivors</u> <u>A Clinicians Guide</u>

Kathy Steele, Suzette Boon, Onno van der Hart

Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide:

Treating Self-Destructive Behaviors in Trauma Survivors Lisa Ferentz, 2014-09-08 Treating Self Destructive Behaviors in Trauma Survivors 2nd ed is a book for clinicians who specialize in helping trauma survivors and during the course of treatment find themselves unexpectedly confronted with client disclosures of self destructive behaviors including self mutilation and other manifestations of deliberately hurting the body such as bingeing purging starving substance abuse and other addictive behaviors Arguing that standard safety contracts are not effective renowned clinician Lisa Ferentz introduces viable treatment alternatives assessment tools and new ways of understanding self destructive behavior using a strengths based approach that distinguishes between the experimental non suicidal self injury NSSI that some teenagers occasionally engage in and the self destructive behaviors that are repetitive and chronic In the new edition many of the treatment strategies are cross referenced to a useful workbook giving therapists and clients concrete ways to integrate theory into practice In addition Ferentz emphasizes the importance of assessing for and strengthening clients self compassion and explains how nurturing this idea cognitively emotionally and somatically can become the catalyst for motivation and change The book also explores a cycle of behavior that clinicians can personalize and use as a template for treatment In its final sections the book focuses on counter transferential responses and the different ways in which therapists can work with self destructive behaviors and avoid vicarious traumatization by adopting tools and strategies for self care Treating Self Destructive Behaviors in Trauma Survivors 2nd ed can be used on its own or in conjunction with the accompanying client focused workbook Letting Go of Self Destructive Behaviors A Workbook of Hope and Healing *Treating Self-Destructive* Behaviors in Trauma Survivors Lisa Ferentz, 2014-09-08 Treating Self Destructive Behaviors in Trauma Survivors 2nd ed is a book for clinicians who specialize in helping trauma survivors and during the course of treatment find themselves unexpectedly confronted with client disclosures of self destructive behaviors including self mutilation and other manifestations of deliberately hurting the body such as bingeing purging starving substance abuse and other addictive behaviors Arguing that standard safety contracts are not effective renowned clinician Lisa Ferentz introduces viable treatment alternatives assessment tools and new ways of understanding self destructive behavior using a strengths based approach that distinguishes between the experimental non suicidal self injury NSSI that some teenagers occasionally engage in and the self destructive behaviors that are repetitive and chronic In the new edition many of the treatment strategies are cross referenced to a useful workbook giving therapists and clients concrete ways to integrate theory into practice In addition Ferentz emphasizes the importance of assessing for and strengthening clients self compassion and explains how nurturing this idea cognitively emotionally and somatically can become the catalyst for motivation and change The book also explores a cycle of behavior that clinicians can personalize and use as a template for treatment In its final sections the book focuses on counter transferential responses and the different ways in which therapists can work with self destructive

behaviors and avoid vicarious traumatization by adopting tools and strategies for self care Treating Self Destructive Behaviors in Trauma Survivors 2nd ed can be used on its own or in conjunction with the accompanying client focused workbook Letting Go of Self Destructive Behaviors A Workbook of Hope and Healing **Letting Go of Self-Destructive Behaviors** Lisa Ferentz, 2014-08-27 Letting Go of Self Destructive Behaviors offers inspiring hopeful creative resources for the millions of male and female adolescents and adults who struggle with eating disorders addictions any form of self mutilation It is also a workbook for the clinicians who treat them Using journaling exercises drawing and collaging prompts guided imagery visualizations and other behavioral techniques readers will learn how to understand compassionately work with and heal from their behaviors rather than distracting from or fighting against them which can dramatically reduce internal conflict and instill genuine hope Techniques are provided in easy to follow exercises that focus on calming the body containing overwhelming emotions managing negative and distorted thoughts re-grounding from flashbacks addressing tension and anxiety decreasing a sense of vulnerability strengthening assertiveness and communication skills and accessing inner wisdom This workbook can be used in conjunction with Treating Self Destructive Behaviors in Trauma Survivors 2nd ed also by Lisa Ferentz to allow therapists and their clients to approach the behaviors from the same strengths based perspective Workbook exercises can be completed as homework assignments or as part of a therapy session In either case the client is given the opportunity to process their work and share their insights with a compassionate witness and trained professional making the healing journey even safer and more rewarding Polyvagal Exercises for Safety and **Connection** Deb Dana, 2020-04-21 A practical guide to working with the principles of polyvagal theory beyond the therapy session Deb Dana is the foremost translator of polyvagal theory into clinical practice Here in her third book on this groundbreaking theory she provides therapists with a grab bag of polyvagal informed exercises for their clients to use both within and between sessions These exercises offer readily understandable explanations of the ways the autonomic nervous system directs daily living They use the principles of polyvagal theory to guide clients to safely connect to their autonomic responses and navigate daily experiences in new ways The exercises are designed to be introduced over time in a variety of clinical sessions with accompanying exercises appropriate for use by clients between sessions to enhance the therapeutic change process Essential reading for any therapist who wants to take their polyvagal knowledge to the next level and is looking for easy ways to deliver polyvagal solutions with their clients Young People in Forensic Mental Health Settings Joel Harvey, Andrew Rogers, Heather Law, 2015-08-17 Youth crime and youth violence blights our communities and shapes the lives of many whether they are victims perpetrators or family members. This book examines the application of psychological thinking and practice when working with young people who display high risk behaviours across a broad range of forensic mental health settings in the UK It provides an up to date account of current thinking and practice in the field and the challenges of applying effective psychological approaches within forensic settings for young people The contributors to

Young People in Forensic Mental Health Settings are drawn from a range of environments including universities youth offending services secure in patient settings young offender institutions Community Forensic Child and Adolescent Mental Health Services F CAMHS and secure children's homes This volume serves as an important platform for debate and as a forum for discussing the future delivery of psychologically informed services intervention and mental health provision with young people who display high risk behaviours Treating Trauma-Related Dissociation 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 Rethinking Trauma Treatment Courtney Armstrong, 2019-06-25 Creating safety hope and curiosity discovery and growth secure attachment to transform traumatic memories What makes trauma therapy effective The answers might surprise you While therapists have been bombarded with brain science hundreds of new models and pressure to use evidence based techniques research has demonstrated that the therapeutic relationship ultimately predicts therapy outcomes This is

especially true for traumatized clients But what kind of the rapeutic relationship Forming a secure the rapeutic alliance with traumatized clients is tricky How do you help clients trust you after they ve been abused betrayed or exploited How do you instill hope and convince clients who ve been devastated by loss to believe that a better life is possible In this accessible guide Courtney Armstrong distills discoveries from attachment theory brain science and post traumatic growth into practical strategies you can use to 1 build trust and a secure therapeutic relationship 2 transform traumatic memories into stories of triumph and courage and 3 help clients cultivate resilience and a positive post trauma identity Packed with dozens of scripts step by step worksheets and inspiring client stories this book gives you tools for each phase of the trauma therapy process and shows you how to Engage and motivate clients based on their attachment style Manage trauma related dissociation anxiety and anger Transform traumatic memories so they no longer haunt your client Work with different types of trauma from sexual abuse to traumatic grief Evoke inner resources for healing and positive emotional states Counter compassion fatigue and burnout so youcan thrive as a therapist Merely talking about a traumatic event is not enough because the parts of the brain where traumatic implicit memories are stored don t understand words Heartfelt relational experiences catalyze brain change and buffer the impact of trauma In this book Armstrong demonstrates that neuroscience is validating what therapists have suspected all along the brain changes through the heart EMDR and Creative Arts Therapies Elizabeth Davis, Jocelyn Fitzgerald, Sherri Jacobs, Jennifer Marchand, 2022-10-31 This book guides therapists trained in EMDR in the successful integration of the creative arts therapies to make the healing potential of EMDR safer and more accessible for patients who present with complex trauma Contributors from the respective fields of creative and expressive arts therapies offer their best ideas on how to combine EMDR with these therapies for maximum benefit for people from diverse backgrounds orientations and vulnerable populations Chapters offer detailed case studies and images insightful theoretical approaches and how to instructions to creatively enhance clinical work Additionally the book addresses current critical issues in the field including the importance of an integrative and open approach when addressing cultural racial and diversity issues and creative interventions with clients through teletherapy Creative arts therapy practitioners such as art therapists play therapists and dance movement therapists will find this a compelling introductory guide to EMDR When Ancestors Weep James A. Houck Jr. Ph.D., 2018-11-08 We are all beautiful souls made in the image of God full of inherent value dignity and worth Yet we may struggle to accept this truth because our attention is often diverted to focus solely on outward appearances and behaviors In other words we all live with some degree of ignorance of our soul consciousness We may get glimpses of it but we never attain the full extent because physical emotional and psychological issues cloud our vision of who we truly are For example diseases and illnesses do afflict us in the body We do feel physical and emotional pain with so much intensity at times that we believe it is going to break us in two At times our lungs may struggle to take a breath or hunger and diseases cause our stomach intestines bones muscles and blood to scream in agony These experiences might make us

question whether or not we are the soul whom God has created However this illusion lies not in the suffering pain and agony we experience but rather it is in the perception that there is nothing more to us than an emotional intellectual and physical body Indeed physical and emotional pain and suffering can temporarily drown out the cry of our soul but our soul is never silenced Furthermore the truth is that the greatest strength of who we are as souls lies in our ability to transform and transcend physical emotional and psychological limitations. The greatest effect hearing the cries of our ancestors has on us not only comes from getting in touch with our own soul s voice but also awakens us to hear the cries of those who have no voice today There has always existed in society a pattern of disenfranchising the weak and wounded people who have been labeled as unlovable untouchable and therefore unreachable For some disenfranchisement was due to their disease or illness For others it was due to their poverty Still for others it was due to their gender race religion politics or social class Many in society preferred such people not to be seen let alone heard from However just as the cries of our ancestors and those who have been the victims of crimes against humanity can never be silenced and so too are the cries of the disenfranchised heard above the din of everyday life Their cries are not only heard deep within the soul but their pain is also given a voice through those who speak for them **Exploring the Essentials of Healthy Personality** Camay Woodall, 2014-07-23 What are the elements upon which a healthy personality is built This fascinating book identifies the key components and shares vivid case studies that demonstrate what happens when those elements are missing What is normal when it comes to human personality And is it possible to achieve emotional health through intended effort just like physical health Clinical psychologist Camay Woodall PhD addresses these complex guestions and many more in this work that cogently discusses the parameters of emotional health This book covers historical concepts examines personality at its formative stages and beyond explains how normal behavior varies widely yet emotional symptoms are definable and pinpoints the common aspects of normality in human personality such as the need for social connection the struggle for realism and the ability to come to terms with guilt Covering topics that include anxiety self esteem depression food and the abuses of it sex love and intimacy shame and guilt and spirituality this book identifies common sources of dysfunctional personality traits and stresses the importance of individual responsibility in each area Each chapter is richly illustrated by actual case studies from the author s 30 years of experience The book will be of interest and highly useful to undergraduate or graduate level students of psychotherapy individuals undergoing therapy parents who are concerned about their own or their family s behavior and general readers

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Table of Contents Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide

- 1. Understanding the eBook Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - The Rise of Digital Reading Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - o Popular eBook Platforms
 - Features to Look for in an Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - Personalized Recommendations
 - Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide User Reviews and Ratings
 - Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide and Bestseller Lists
- 5. Accessing Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide Free and Paid eBooks

- Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide Public Domain eBooks
- Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide eBook Subscription Services
- Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide Budget-Friendly Options
- 6. Navigating Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide eBook Formats
 - o ePub, PDF, MOBI, and More
 - Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide Compatibility with Devices
 - Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - Highlighting and Note-Taking Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - o Interactive Elements Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
- 8. Staying Engaged with Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - o Following Authors and Publishers Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
- 9. Balancing eBooks and Physical Books Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - Setting Reading Goals Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - Fact-Checking eBook Content of Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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