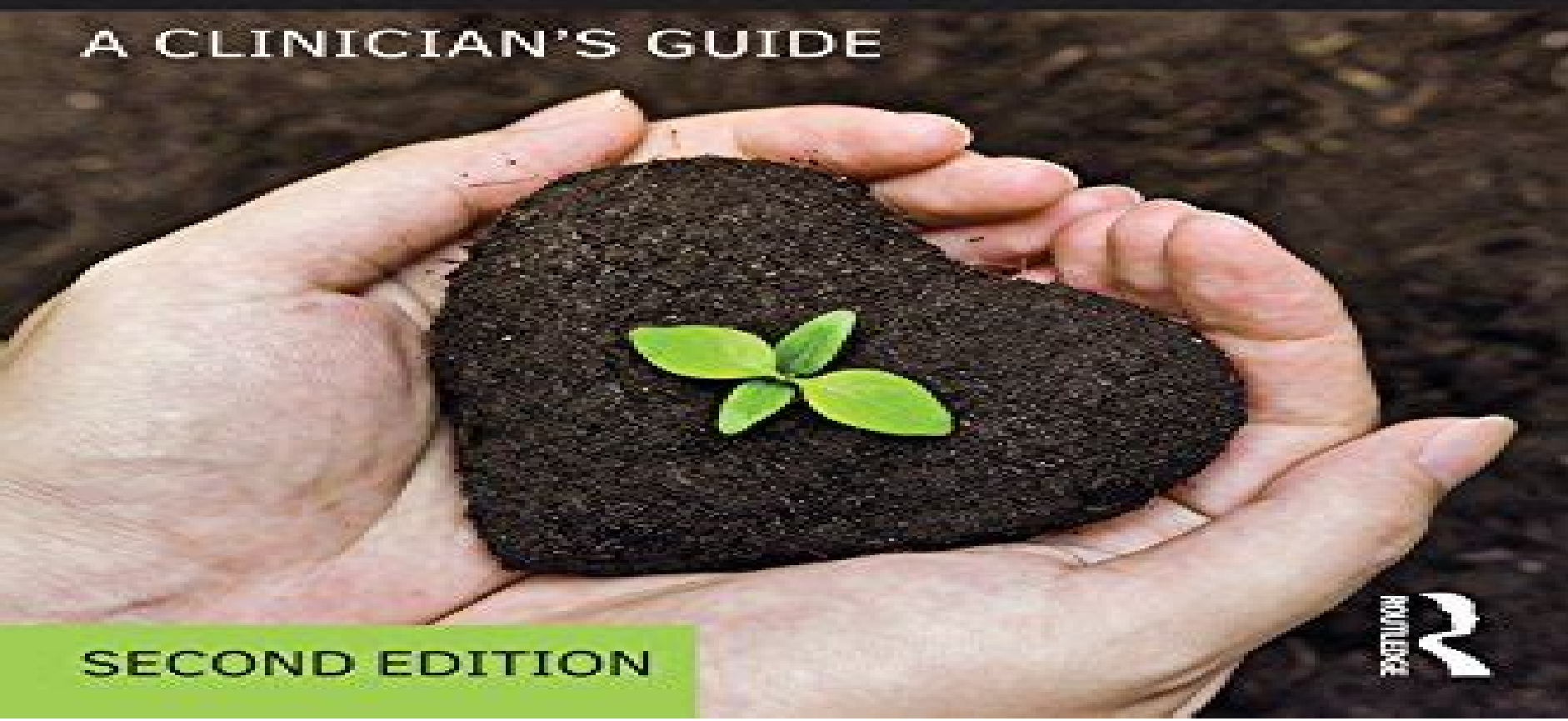


LISA FERENTZ

Treating Self-Destructive Behaviors in Trauma Survivors

A CLINICIAN'S GUIDE



SECOND EDITION

ROUTLEDGE


Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide

Courtney Armstrong



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 countertransference 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 curiosity discovery and growth

Rethinking Trauma Treatment Courtney Armstrong, 2019-06-25 Creating safety hope and 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 therapeutic relationship Forming a secure therapeutic 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 you can 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

The Power of Attachment Diane Poole Heller, Ph.D., 2019-03-12 How traumatic events can break our vital connections and how to restore love wholeness and resiliency in your life From our earliest years we develop an attachment style that follows us through life replaying in our daily emotional landscape our relationships and how we feel about ourselves And in the wake of a traumatic event such as a car accident severe illness loss of a loved one or experience of

abuse that attachment style can deeply influence what happens next In *The Power of Attachment* Dr Diane Poole Heller a pioneer in attachment theory and trauma resolution shows how overwhelming experiences can disrupt our most important connections with the parts of ourselves within with the physical world around us and with others The good news is that we can restore and reconnect at all levels regardless of our past Here you ll learn key insights and practices to help you Restore the broken connections caused by trauma Get embodied and grounded in your body Integrate the parts of yourself that feel wounded and fragmented Emerge from grief fear and powerlessness to regain strength joy and resiliency Reclaim access to your inner resources and spiritual nature We are fundamentally designed to heal teaches Dr Heller Even if our childhood is less than ideal our secure attachment system is biologically programmed in us and our job is to simply find out what s interfering with it and learn what we can do to make those secure tendencies more dominant With expertise drawn from Dr Heller s research clinical work and training programs this book invites you to begin that journey back to wholeness

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 questions 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 *Clinician's Guide to PTSD* Steven

Taylor,2009-06-05 Grounded in current clinical and neurobiological research this book provides both an understanding of posttraumatic stress disorder PTSD and a guide to empirically supported treatment The author offers well documented practical recommendations for planning and implementing cognitive behavioral therapy with people who have experienced different types of trauma sexual assault combat serious accidents and more and shows how to use a case formulation approach to tailor interventions to the needs of each patient Coverage includes different conceptual models of PTSD approaches to integrating psychopharmacology into treatment and strategies for addressing frequently encountered comorbid conditions Illustrated with helpful case examples the book features over a dozen reproducible handouts and forms

Clinician's Guide to PTSD, Second Edition Steven Taylor, 2017-07-23 This leading practitioner's guide now thoroughly updated examines the nature of posttraumatic stress disorder PTSD and provides a complete framework for planning and implementing cognitive behavioral therapy CBT Steven Taylor addresses the complexities of treating people who have experienced different types of trauma and shows how to adapt empirically supported protocols to each client's needs Rich case examples illustrate the nuts and bolts of cognitive interventions exposure exercises and adjunctive methods Purchasers get access to a Web page where they can download and print the book's 14 reproducible handouts in a convenient 8 1/2 x 11 size New to This Edition Chapter on pharmacotherapy what CBT practitioners need to know when treating clients who are also taking medication Incorporates over a decade of advances in assessment and treatment techniques outcome research and neurobiological knowledge Updated for DSM 5

The Handbook of Complex Trauma and Dissociation in Children Ana M. Gómez, Jillian Hosey, 2025-03-31 The Handbook of Complex Trauma and Dissociation in Children Theory Research and Clinical Applications is a comprehensive and truly vital text for both experienced professionals and novice clinicians alike In these pages dozens of experts and pioneers thoroughly cover the complex nuances of theory assessment research and clinical practice Specific sections cover etiology neurobiology and various theoretical and conceptual models for working with the complexities of cumulative and chronic traumatization in childhood Additional sections cover standardized and non standardized assessment and diagnostic tools as well as the formulation and organization of the clinical interview with children and caregivers Other chapters provide systematic and comprehensive reviews of current treatment modalities and effective approaches for treating children with complex trauma and dissociation across different stages of early development The book's co editors bookend the volume with thorough explorations of the nuanced and multifaceted issues impacting children with complex trauma and dissociative symptoms and features

Treating Risky and Compulsive Behavior in Trauma Survivors John Briere, 2019-04-19 From leading authority John Briere this book provides a comprehensive treatment approach for survivors of childhood trauma who numb or avoid emotional distress by engaging in substance abuse risky sexual activities self injury suicidality bingeing and purging or other self harming behaviors Briere shows how to help clients identify and manage the triggers of these distress reduction behaviors learn to regulate intrusive emotional states and safely process trauma and attachment related memories Emphasizing the therapeutic relationship Briere's approach draws on elements of psychodynamic interpersonal and cognitive behavioral therapy mindfulness training and dialectical behavior therapy The book combines cutting edge clinical and experimental research with clearly described interventions case examples and reproducible handouts and forms Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size

A Feminist Clinician's Guide to the Memory Debate Susan Contratto, M Janice Gutfreund, 2014-06-03 First published in 1997 A Feminist Clinician's Guide to the Memory Debate accomplishes four goals it publishes a range of chapters which are explicitly feminist to empower feminists

activists practitioners scholars and advocates to be knowledgeable and do the most competent work possible it helps feminist friendly clinicians become alert as to how a feminist analysis can expand and contextualize their understanding of the recovered memory controversy it makes proactive statements of what constitutes ethical healing treatment for the profoundly deforming experience of child sexual abuse and it empowers the clinician to be effectively political outside the therapy setting A Feminist Clinician's Guide to the Memory Debate is an invaluable collection of articles that explores nearly every aspect of the controversy over recovered memories that has shaken public life the courts feminist psychotherapy contemporary psychoanalysis and cognitive science

Healing Complex Posttraumatic Stress Disorder Gillian O'Shea Brown, 2021-04-30 This book is a clinician's guide to understanding diagnosing treating and healing complex posttraumatic stress disorder C PTSD C PTSD a diagnostic entity to be included in ICD 11 in 2022 denotes a severe form of posttraumatic stress disorder PTSD and is the result of prolonged and repeated interpersonal trauma The author provides guidance on healing complex trauma through phase oriented multimodal and skill focused treatment approaches with a core emphasis on symptom relief and functional improvement Readers will gain familiarity with the integrative healing techniques and modalities that are currently being utilized as evidence based treatments including innovative multi sensory treatments for trauma in addition to learning more about posttraumatic growth and resilience Each chapter of this guide navigates readers through the complicated field of treating and healing complex trauma including how to work with clients also impacted by the shared collective trauma of COVID 19 and is illustrated by case examples Topics explored include Complex layered trauma Dissociation Trauma and the body The power of belief An overview of psychotherapy modalities for the treatment of complex trauma Ego state work and connecting with the inner child Turning wounds into wisdom resilience and posttraumatic growth Vicarious trauma and professional self care for the trauma clinician It is important for clinicians to be aware of contemporary trends in treating C PTSD *Healing Complex Posttraumatic Stress Disorder* is an essential text for mental health practitioners clinical social workers and other clinicians academics and graduate students in addition to other professionals and students interested in C PTSD It is an attractive resource for an international clinical audience as we work together to heal affirm and unburden clients following this time of shared collective trauma

A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors, and Consultants, Second Edition Andrew M. Leeds, 2016-02-03 Praise for the First Edition This is an excellent guide to the theory and practice of EMDR It provides great clarity to readers unsure of how this therapy is conducted If you want to know about EMDR this is the book to have Score 100 5 stars Doody's This second edition of an acclaimed guide to the theory and practice of EMDR provides updated information regarding new evidence for its treatment efficacy and an in depth presentation of state of the art research on its mechanisms of action The book reviews outcome studies suggesting EMDR's effectiveness for diagnoses beyond PTSD along with studies on its use for treatment of depression with cancer patients and with groups It surveys new strategies on advanced EMDR therapy topics

such as when treating dissociative and personality disorders along with references for more in depth information The second edition also provides an expanded glossary and extensively updated references and reflects changes corresponding to the DSM 5 The book delivers clear concise treatment guidelines for students practicing clinicians supervisors clinic directors and hospital administrators involved in the treatment of those with PTSD Specific Phobias and Panic Disorder For researchers conducting treatment outcome studies it provides easy to access treatment guidelines and a comprehensive set of fidelity checklists for all aspects of EMDR therapy A multitude of new charts forms scripts illustrations tables and decision trees present key information clearly and concisely to guide treatment planning and documentation Case studies with transcripts illustrate the different protocols and further guide practitioners of EMDR therapy in informed decision making New to the Second Edition Describes updated information on mechanisms of action of EMDR therapy Presents new evidence based EMDR therapy Delivers outcome studies for the use of EMDR with a broad range of diagnoses Surveys new research about using EMDR with cancer patients and those with severe depression Discusses the evolution of the theory of memory networks in EMDR therapy Examines the effectiveness of Bilateral Stimulation on adaptive memories and images Reflects changes resulting from DSM 5 Includes extensively updated and expanded references and glossary Provides new charts forms scripts illustrations decision trees and case studies illustrating different protocols Key Features Presents an easy to use set of forms and scripts Focuses on safety and efficiency of EMDR therapy in many situations Expands AIP model regarding using EMDR to resolve psychological defenses Discusses ethical issues in clinical application consultation supervision and research

The Child Survivor Joyanna L. Silberg, 2013 The Child Survivor is a practical compendium of therapeutic tools for working with children and adolescents who have been exposed to ongoing developmental trauma

A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants Andrew M. Leeds, 2009-06-22 This is an excellent guide to the theory and practice of EMDR It provides great clarity to readers unsure of how this therapy is conducted If you want to know about EMDR this is the book to have Score 100 5 stars Doody s Learning to use EMDR safely and effectively requires the integration of a wide range of knowledge and skills This guide serves as an orientation to the clinical professional and risk management issues that EMDR practitioners face in their daily practice Following the eight phase model of EMDR the book provides clear detailed guidelines to utilizing the standard EMDR protocols for treatment of posttraumatic stress disorder phobias and panic attacks Included are guidelines for case formulation treatment planning and preparing patients for EMDR reprocessing The guide also contains sample consultation agreements and forms for documenting case summaries and treatment outcomes Key features Includes charts forms illustrations tables and decision trees to guide treatment planning and documentation Presents case studies with transcripts illustrating the different protocols as well as guidelines for informed decision making Discusses ethical issues in clinical application consultation supervision and research With clear concise treatment guidelines on the clinical use of EMDR this book serves as an

invaluable resource for practicing clinicians supervisors consultants and clinic directors The Link Between Childhood Trauma and Mental Illness Barbara Everett, Ruth Gallop, 2000-09-21 Each day case managers psychiatric nurses and other mental health professionals interact with adults who have a history of physical and or sexual abuse during childhood Many of these important professionals will often be the first practitioners to hear about a client s background of abuse but they may not have specialized training in understanding and working with survivors of childhood trauma The Link Between Childhood Trauma and Mental Illness gives mental health professionals who are not child abuse specialists knowledge and skills that are especially relevant to their direct service role and practice context It introduces to these practitioners a conceptual bridge between biomedical and psychosocial understandings of mental disorder providing a multidimensional approach that allows professionals to think holistically and connect clients abusive pasts with their present day symptoms and behaviors Building upon this conceptual foundation the book then focuses on direct practice issues including how to ask clients about child abuse the nature of power in the helping relationship the full recovery process effective treatment models client safety issues and ways to listen to client s stories Also included are valuable insights into helping clients who are in a crisis situation the particular needs of male victims of child abuse racial and cultural considerations and the professional s self care Designed to meet the needs of such helping professionals as case managers psychiatric nurses rehabilitation counselors crisis and housing workers occupational and physical therapists family physicians and social workers The Link Between Childhood Trauma and Mental Illness is an accessible and convenient guide to understanding the effects of childhood abuse and incorporating that understanding into direct practice

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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Treating Self Destructive Behaviors In Trauma Survivors A Clinicians Guide Introduction

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