

When

THE PAST

Is Always

PRESENT

Emotional Traumatization,
Causes, and Cures

RONALD A. RUDEN



When The Past Is Always Present Emotional Traumatization Causes And Cures

Charles R. Figley



When The Past Is Always Present Emotional Traumatization Causes And Cures:

When the Past Is Always Present Ronald A. Ruden, 2011-01-19 *When the Past Is Always Present Emotional Traumatization Causes and Cures* introduces several new ideas about trauma and trauma treatment. The first of these is that another way to treat disorders arising from the mind/brain may be to use the senses. This idea, which is at the core of psychosensory therapy, forms what the author considers the third pillar of trauma treatment, the first and second pillars being psychotherapy and psychopharmacology. Psychosensory therapy postulates that sensory input, for example touch, creates extrasensory activity that alters brain function and the way we respond to stimuli. The second idea presented in this book is that traumatization is encoded in the amygdala only under special circumstances. Thus, by understanding what makes an individual resistant to traumatization, we can offer a way of preventing it. The third idea is that traumatization occurs because we cannot find a haven during the event. This is the cornerstone of havening, the particular form of psychosensory therapy described in the book. Using evolutionary biological principles and recently published neuroscientific studies, this book outlines in detail how havening touch de-links the emotional experience from a trauma, essentially making it just an ordinary memory. Once done, the event no longer causes distress.

When the Past Is Always Present Ronald A. Ruden, 2011-01-19 *When the Past Is Always Present Emotional Traumatization Causes and Cures* introduces several new ideas about trauma and trauma treatment. The first of these is that another way to treat disorders arising from the mind/brain may be to use the senses. This idea, which is at the core of psychosensory therapy, forms what the author considers the third pillar of trauma treatment, the first and second pillars being psychotherapy and psychopharmacology. Psychosensory therapy postulates that sensory input, for example touch, creates extrasensory activity that alters brain function and the way we respond to stimuli. The second idea presented in this book is that traumatization is encoded in the amygdala only under special circumstances. Thus, by understanding what makes an individual resistant to traumatization, we can offer a way of preventing it. The third idea is that traumatization occurs because we cannot find a haven during the event. This is the cornerstone of havening, the particular form of psychosensory therapy described in the book. Using evolutionary biological principles and recently published neuroscientific studies, this book outlines in detail how havening touch de-links the emotional experience from a trauma, essentially making it just an ordinary memory. Once done, the event no longer causes distress.

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

Treatment of Complex Trauma Christine A. Courtois, Julian D. Ford, 2015-09-21 The research base on complex psychological trauma has grown significantly in recent years Yet even with the development of more effective techniques for treating complex trauma survivors therapists often struggle to build strong relationships with these severely distressed clients In this guide the authors present an approach for helping adult clients move through the three phases of posttraumatic recovery and for managing the inevitable roadblocks and relationship issues that occur The introductory chapters explore how complex trauma emerges from chronic victimization and the disruption of attachment bonds in childhood or adulthood and review diagnostic considerations Two extended case examples highlight clinical issues that arise with this population and running throughout the chapters show how to use a secure therapeutic alliance as a foundation for utilizing evidence based treatment strategies The authors demonstrate ways to weave together elements of cognitive behavioral psychodynamic relational and systemic therapies along with other proven approaches in the service of working toward clearly defined therapeutic goals In Phase 1 the emphasis is basic safety and personal stabilization Phases 2 and 3 address trauma processing and the challenges of creating a new more satisfying life Strategies for tailoring interventions to each individual's needs and strengths aided by ongoing assessment are detailed Applications in group couple and family therapy are also discussed

Encyclopedia of Trauma Charles R. Figley, 2012-06-19 Trauma is defined as a sudden potentially deadly experience often leaving lasting troubling memories Traumatology the study of trauma its effects and methods to modify effects is exploding in terms of published works and expanding in terms of scope Originally a narrow specialty within emergency medicine the field now extends to trauma psychology military psychiatry and behavioral health post traumatic stress and stress disorders trauma social work disaster mental health and most recently the subfield of history and trauma with sociohistorical examination of long term effects and meanings of major traumas experienced by whole communities and nations both natural Pompeii Hurricane Katrina and man made the Holocaust 9 11 One reason for this expansion involves important scientific breakthroughs in detecting the neurobiology of trauma that is connecting biology with human behavior which in turn is applicable to all fields involving human thought and response including but not limited to psychiatry medicine and the health sciences the social and behavioral sciences the humanities and law Researchers within these fields and more can contribute to a universal understanding of immediate and long term consequences both good and bad of trauma both for individuals and for broader communities and institutions Trauma encyclopedias published to date all center around psychological trauma and its emotional effects on the individual as a disabling or mental disorder requiring

mental health services This element is vital and has benefited from scientific and professional breakthroughs in theory research and applications Our encyclopedia certainly will cover this central element but our expanded conceptualization will include the other disciplines and will move beyond the individual

Treating Complex Trauma Mary Jo Barrett,Linda Stone Fish,2014-05-30 In *Treating Complex Trauma* renowned clinicians Mary Jo Barrett and Linda Stone Fish present the Collaborative Change Model CCM a clinically evaluated model that facilitates client and practitioner collaboration and provides invaluable tools for clients struggling with the impact and effects of complex trauma A practical guide *Treating Complex Trauma* organizes clinical theory outcome research and decades of experiential wisdom into a manageable blueprint for treatment With an emphasis on relationships the model helps clients move from survival mindstates to engaged mindstates and as a sequential and organized model the CCM can be used by helping professionals in a wide array of disciplines and settings Utilization of the CCM in collaboration with clients and other trauma informed practitioners helps prevent the re traumatization of clients and the compassion fatigue of the practitioner so that they can work together to build a hopeful and meaningful vision of the future

Collective Trauma, Collective Healing Jack Saul,2013-07-18 *Collective Trauma Collective Healing* is a guide for mental health professionals working in response to large scale political violence or natural disaster It provides a framework that practitioners can use to develop their own community based collective approach to treating trauma and providing clinical services that are both culturally and contextually appropriate Clinicians will come away from the book with a solid understanding of new roles that health and mental health professionals play in disasters roles that encourage them to recognize and enhance the resilience and coping skills in families organizations and the community at large The book draws on experience working with survivors their families and communities in the Holocaust postwar Kosovo the Liberian civil wars and post 9 11 lower Manhattan It tracks the development of community programs and projects based on a family and community resilience approach including those that enhance the collective capacities for narration and public conversation

Transcending Trauma Bea Hollander-Goldfein,Nancy Isserman,Jennifer Goldenberg,2012-04-27 Based on twenty years of intense qualitative research *Transcending Trauma* presents an integrated model of coping and adaptation after trauma that incorporates the best of recent work in the field with the expanded insights offered by Holocaust survivors In the book s vignettes and interview transcripts survivors of a broad range of traumas will recognize their own challenges and mental health professionals will gain invaluable insight into the dominant themes both of Holocaust survivors and of trauma survivors more generally Together the authors and contributors Sheryl Perlmutter Bowen Hannah Kliger Lucy Raizman Juliet Spitzer and Emilie Scherz Passow have transformed qualitative narrative analysis and framed for us a new and profound understanding of survivorship Their study has illuminated universal aspects of the recovery from trauma and *Transcending Trauma* makes a vital contribution to our understanding of how survivors find meaning after traumatic events Accompanying *Transcending Trauma* are downloadable resources of full text life histories

that documents the survivor experience In seven comprehensive interviews survivors paint a picture of life before and after war and trauma their own feelings beliefs and personalities as well as those of their family their struggles to deal with loss and suffering and the ways in which their family relationships were able in some cases to mediate the transmission of trauma across generations and help the survivors transcend the trauma of their experiences **Trauma, Culture, and Metaphor**

John P. Wilson, Jacob D. Lindy, 2013-08-15 In *Trauma Culture and Metaphor* John Wilson and Jacob Lindy explore the language of both individual and collective trauma in an era dominated by globalization and interconnectedness Through lucid careful discussion this important book builds a bridge between the etymology of trauma related terms commonly used in Western cultures and those of other cultures such as the Burundi Rwandan *ihahamuka* It also provides the clinician with a framework for working with trauma survivors using a cross cultural vocabulary one often based in metaphor to fully address the experienced trauma and to begin work on reconnection and self reinvention **Vicarious Trauma and Disaster**

Mental Health Gertie Quitangon, Mark R. Evces, 2015-02-11 *Vicarious Trauma and Disaster Mental Health* focuses on the clinician and the impact of working with disaster survivors Floods hurricanes tornadoes mass shootings terrorism and other large scale catastrophic events have increased in the last decade and disaster resilience has become a national imperative This book explores vicarious traumatization in mental health providers who respond to massive disasters by choice or by circumstance What happens when clinicians share the trauma and vulnerability from the toll taken by a disaster with the victims they care for How can clinicians increase resilience from disaster exposure and provide mental health services effectively *Vicarious Trauma and Disaster Mental Health* offers insight and analysis of the research and theory behind vicarious trauma and compares and contrasts with other work impact concepts such as burnout compassion fatigue and secondary traumatic stress It proposes practical evidence informed personal strategies and organizational approaches that address five cognitive schemas safety esteem trust control and intimacy disrupted in vicarious trauma With an emphasis on the psychological health and safety of mental health providers in the post disaster workplace this book represents a shift in perspective and provides a framework for the promotion of worker resilience in the standard of practice in disaster management **Helping Traumatized Families** Charles Figley, Laurel Kiser, 2013-05-07 The new edition of the classic

Helping Traumatized Families not only offers clinicians a unified evidence based theory of the systemic impact of traumatic stress it also details a systematic approach to helping families heal by promoting their natural healing resources Though the impact of trauma on a family can be growth producing some families either struggle or fail to adapt successfully *Helping Traumatized Families* guides practitioners around common pitfalls and toward a series of evidence based strategies that they can use to help families feel empowered and ultimately to thrive by developing tools for enhancing resilience and self regulation **Healing War Trauma** Raymond M. Scurfield, Katherine Theresa Platoni, 2013 *Healing War Trauma* details a broad range of exciting approaches for healing from the trauma of war The techniques described in each chapter are

designed to complement and supplement cognitive behavioral treatment protocols and ultimately to help clinicians transcend the limits of those protocols For those veterans who do not respond productively to or who have simply little interest in office based regimented and symptom focused treatments the innovative approaches laid out in Healing War Trauma will inspire and inform both clinicians and veterans as they chart new paths to healing **Veterans' Journeys Home** Lori

Holyfield,2015-11-17 Veterans Journeys Home is a vivid portrayal of military life and its aftermath for US troops who have served in Iraq and Afghanistan Highlighting the challenges US veterans face in today s changing military culture the book depicts the haunting and visceral memories of returning soldiers conversations with mental health providers and offers an alternative approach to healing the emotional wounds of war For anyone seeking a deeper understanding of the human costs of recent wars this book is invaluable It combines a moving narrative with a penetrating analysis of the welfare and post conflict treatment of veterans **War Trauma and Its Wake** Raymond M. Scurfield,Katherine Theresa Platoni,2013

Decades after Charles Figley s landmark Trauma and Its Wake was published our understanding of trauma has grown and deepened but we still face considerable challenges when treating trauma survivors This is especially the case for professionals who work with veterans and active duty military personnel War Trauma and Its Wake then is a vital book The editors one a Vietnam veteran who wrote the overview chapter on treatment for Trauma and Its Wake the other an Army Reserve psychologist with four deployments have produced a book that addresses both the specific needs of particular warrior communities as well as wider issues such as battlemind guilt suicide and much much more The editors and contributors deep understanding of the issues that warriors face makes War Trauma and Its Wake a crucial book for understanding the military experience and the lessons contained in its pages are essential for anyone committed to healing war trauma **Stress, Trauma, and Posttraumatic Growth** Roni Berger,2015-02-11 What happens in the trauma s

aftermath How do its effects manifest differently on the individual family and community wide levels Stress Trauma and Posttraumatic Growth Social Context Environment and Identities explores the way traumatic events are defined classified and understood throughout the life cycle placing special emphasis on the complex intersections of diverse affiliations and characteristics such as age class culture disability race and ethnicity gender identity and expression immigration status political ideology religion sex and sexual orientation The book gives its readers a solid basis for understanding traumatic events and treating their effects and also shows the varied ways that trauma is conceptualized across cultures Both new and seasoned clinicians will come away from Stress Trauma and Posttraumatic Growth with a deep understanding of the principles that guide successful trauma treatment **Treating Traumatic Stress Injuries in Military Personnel** Mark Charles Russell,Charles R. Figley,2013 Treating Traumatic Stress Injuries in Military Personnel offers a comprehensive treatment manual for mental health professionals treating traumatic stress injuries in both male and female veterans It is the first book to combine the most recent knowledge about new paradigms of combat related traumatic stress injuries Figley

Nash 2006 and offers a practical guide for treating the spectrum of traumatic stress injuries with EMDR which has been recognized by the Department of Veterans Affairs and Department of Defense clinical practice guidelines as one of the most studied efficient and particularly well suited evidence based treatments for military related stress injuries Russell and Figley introduce an array of treatment innovations designed especially for use with military populations and readers will find pages filled with practical information including appendices that feature a glossary of military terminology breakdowns of rank and pay grades and various clinical forms

Treating Children with Dissociative Disorders Valerie Sinason, Renée Potgieter Marks, 2021-12-30 This book provides a comprehensive overview of research into dissociation in children and adolescents and challenges conventional ideas about complex behaviours Offering a new perspective to those who are unfamiliar with dissociation in children and challenging prevalent assumptions for those who are experienced in the field the editors encourage the professional to ask questions about the child's internal experiences beyond a diagnosis of the external symptoms Chapters bring together a range of international experts working in the field and interweave theories practice and challenging and complex case material as well as identifying mistakes that therapists can avoid while working with children who dissociate Filled with practical tools and examples this book is a vital resource for professionals to enrich their practice with children who dissociate

The Self-Led Internal Family Systems Workbook Tanis Allen, LMSW, ACSW, 2025-01-28 A self guided workbook to lead yourself through the IFS process and create inner harmony and peace as endorsed by Dr Richard C Schwartz founder of Internal Family Systems Transform the way you relate to yourself and your mental health struggles with this clear and structured guide to Internal Family Systems IFS an evidence based approach to parts work therapy The IFS model views every person as having an internal family of parts or subpersonalities each with their own set of thoughts feelings and roles Some parts hold pain from the past while others work to prevent that pain from surfacing When parts are understood and accepted they can release this pain and heal Developed by a veteran IFS clinician who has lived practiced and trained others on the IFS model for more than 25 years The Self Led Internal Family Systems Workbook can help you connect to your true authentic Self which is always inside of you ready to lead so you can meet your internal family of parts respond compassionately when they're activated and send them healing energy when they need it Key features of this workbook Accessible Self Paced Process Move through the IFS practice at your own speed and comfort level using IFS skills that have been adapted for beginners Clear and Structured Approach Bring clarity and insight to your internal world by navigating it with step by step skills exercises and worksheets Strategies for Common IFS Challenges Learn to work with parts that keep you stuck in problematic cycles and offer compassion to deeply wounded parts Transcripts of Self Led IFS Sessions See how an IFS clinician works with her own parts to address challenges like perfectionism impulse control and more I am very grateful to my friend Tanis Allen for creating this clear practical workbook for helping people access Internal Family Systems IFS therapy on their own Because she knows IFS so well she not only offers very useful and easily followed

exercises but also the important cautions and guidelines to make this powerful work safe I enthusiastically endorse this book and see it as an important contribution to the big project of helping everyone change their inner relationships and become more Self led Richard C Schwartz PhD founder of the Internal Family Systems model of psychotherapy

Stephen King's Contemporary Classics Philip L. Simpson, Patrick McAleer, 2014-11-13 Many readers know Stephen King for his early works of horror from his fiction debut *Carrie* to his blockbuster novels *The Shining* *The Stand* and *Misery* among others While he continues to be a best selling author King's more recent fiction has not received the kind of critical attention that his books from the 1970s and 1980s enjoyed Recent novels like *Duma Key* and *11/22/63* have been marginalized and arguably cast aside as anomalies within the author's extensive canon In *Stephen King's Contemporary Classics: Reflections on the Modern Master of Horror* Philip L. Simpson and Patrick McAleer present a collection of essays that analyze assess and critique King's post 1995 compositions Purposefully side stepping studies of earlier work these essays are arranged into three main parts the first section examines five King novels published between 2009 and 2013 offering genuinely fresh scholarship on King the second part looks at the development of King's distinct brand of horror the third section departs from probing the content of King's writing and instead focuses on King's process By concentrating on King's most recent writings this collection offers provocative insights into the author's work featuring essays on *Dr Sleep* *Duma Key* *The Girl Who Loved Tom Gordon* *Joyland* *Under the Dome* and others As such *Stephen King's Contemporary Classics* will appeal to general fans of the author's work as well as scholars of Stephen King and modern literature

Energy Psychology Journal, 4.1 Dawson Church, 2010

Energy Psychology Theory Research and Treatment is a peer reviewed professional journal dedicated to reporting developments in the field of energy psychology EP that are of interest to healthcare professionals and researchers It contains original empirical research into the efficacy of EP methods theoretical experimental and basic science papers illuminating the mechanisms of action of EP clinical insights on the application of EP to various populations and interfaces with other interventions book reviews and abstracts published in other journals that are of relevance to the EP field Its goal is to further the development of EP as an evidence based method in the healing sciences

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