Counselling Skills For Working With Trauma: Healing From Child Sexual Abuse, Sexual Violence And Domestic Abuse (Essential Skills For Counselling)
Synopsis
Counselling Skills for Working with Trauma is a practical, introductory guide to counselling survivors of child abuse, neglect, rape, sexual violence, sexual trafficking, religious sexual abuse, and domestic abuse. Written in an accessible style, it provides a comprehensive introduction to complex trauma accompanied by advice on how to create a safe environment in which survivors can learn the skills to restore control over trauma symptoms, to aid healing and post traumatic growth. The book covers all of the key principles including: understanding the role of dissociation in complex trauma; the role of attachment; managing flashbacks, panic attacks, nightmares and dissociation; responding to shame and guilt; managing relationships; and the impact of working with complex trauma. It explores how practitioners can work more effectively with trauma, and offers techniques and skills which can easily be integrated into different therapeutic models. Featuring highlighted top tips, common pitfalls and a range of exercises, this is an essential guide for all professionals working with child and adult survivors of trauma.

Book Information
Series: Essential Skills for Counselling
Paperback: 328 pages
Publisher: Jessica Kingsley Publishers (September 21, 2013)
Language: English
ISBN-10: 184905326X
Product Dimensions: 6 x 0.7 x 9 inches
Shipping Weight: 1.4 pounds (View shipping rates and policies)
Average Customer Review: 4.3 out of 5 stars Â See all reviews Â (3 customer reviews)
Best Sellers Rank: #759,633 in Books (See Top 100 in Books) #205 in Books > Politics & Social Sciences > Sociology > Abuse #330 in Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #662 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder

Customer Reviews
Good reading, I would like if it had more case studies it makes it easier to take in the theory very useful when working with trauma clientele
great tool for clinicians

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