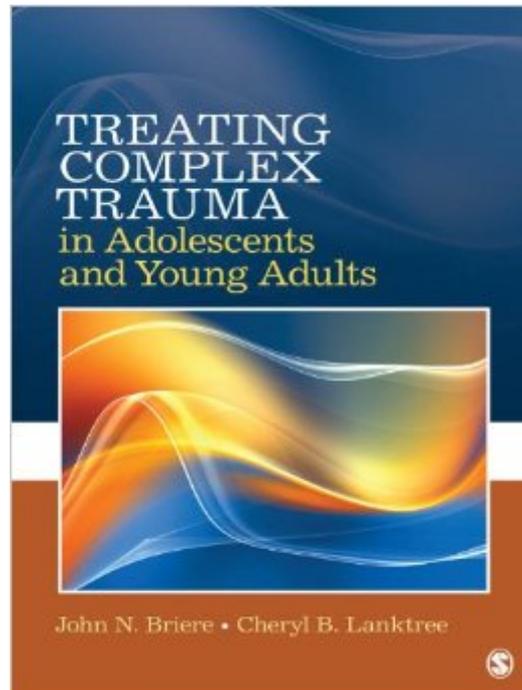


The book was found

# Treating Complex Trauma In Adolescents And Young Adults



## Synopsis

Treating Complex Trauma in Adolescents and Young Adults is the first empirically-validated, multi-component manual to guide practitioners and students in the treatment of multi-traumatized adolescents and young adults. Best-selling author, John Briere, and renowned clinician, Cheryl Lanktree, outline a hands-on, culturally-sensitive approach to the most challenging of young clients: those suffering from complex trauma histories, multiple symptoms, and, in many cases, involvement in a range of problematic behaviors. This model, Integrated Treatment of Complex Trauma for Adolescents (ITCT-A), integrates a series of approaches and techniques, which are adapted according to the youth's specific symptoms, culture, and age. Components include relationship-building, psychoeducation, affect regulation training, trigger identification, cognitive processing, titrated emotional processing, mindfulness training, collateral treatments with parents and families, group therapy, and system-level advocacy.

## Book Information

File Size: 1244 KB

Print Length: 271 pages

Page Numbers Source ISBN: 1412981441

Publisher: SAGE Publications, Inc; 1 edition (August 26, 2011)

Publication Date: August 13, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00ELTPW2M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #463,007 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #227

in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Pediatrics #229 in Books >

Parenting & Relationships > Family Relationships > Abuse > Partner Abuse #581 in Books >

Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder

## Customer Reviews

I *believe* that this book would be a very worthy addition to any trauma clinician's library. However,

unfortunately I am not a clinician myself so I cannot assess the quality of the material with regards to clinical practice, how it incorporates theoretical frameworks, etc. "Then why are you writing this review?" Well, for one I think the scholarship probably speaks for itself. But the real reason is that I went and read the sample thinking that this was a book for the patient to read, and I felt like since so little has been said about it thus far I might as well introduce it a little and throw in my two cents as a young adult CT patient.-Why did they write this book?"Unfortunately, although complex trauma and its effects are common, there are few empirically informed treatments specifically developed for multiply traumatized children or adolescents. This is partially due to the challenging nature of the problem - the range of these impacts often requires a multimodal, multicomponent treatment strategy. Treatment approaches that are limited to a single modality (e.g., exposure therapy, cognitive therapy, or psychiatric medication) can sometimes be insufficient - especially if the intervention approach is not adapted to the specific experiences, psychological needs, and cultural matrix of the affected youth." This book is an attempt to outline such a multi-modal, integrative approach (ITCT-A) based on the latest experimental findings.-What's in it?

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