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The History of Trauma. Societal rules and trauma, trauma patterns, and perpetuating trauma. The Stages of Recovery The Healing Relationship Rebuilding safety Restoring Control Memories and Mourning - Reconstructing the Story, Transforming Traumatic Memory. Finding Self Again. Re-emerging back into the world. The uniqueness of each person's recovery process.

A revised and updated edition of the groundbreaking work that changed the way we think about and treat traumatic events and trauma victims. "A stunning achievement ... a classic for our generation." --Bessel van der Kolk, M.D., author of *The Body Keeps the Score* When Trauma and Recovery was first published in 1992, it was hailed as a groundbreaking work. In the intervening years, it has become the basic text for understanding trauma survivors. By placing individual experience in a broader political frame, Judith Herman argues that psychological trauma can be understood only in a social context. Drawing on her own research on incest, as well as on a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. A new epilogue reviews what has changed--and what has not changed--over two decades. Trauma and Recovery is essential reading for anyone who seeks to understand how we heal and are healed.

In this groundbreaking book, a leading clinical psychiatrist redefines how we think about and treat victims of trauma. A "stunning achievement" that remains a "classic for our generation." (Bessel van der Kolk, M.D., author of *The Body Keeps the Score*). Trauma and Recovery is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context. Drawing

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Examines how people adapt to traumatic events such as rape, domestic violence, terrorism, and combat, discusses the healing process, and provides a framework for treatment

"The Transcending Trauma Project (TTP), begun in 1991, is a large qualitative research endeavor based on 275 comprehensive life interviews of survivors of the Nazi Holocaust, their children, and their grandchildren. Using this research as a base, 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, interview transcripts, and audio excerpts, survivors of a broad range of traumas will recognize their own challenges, and mental health professionals will gain invaluable insight into the dominant themes of Holocaust survivors' experiences and of trauma survivors' experiences more generally. The study of lives conducted by TTP 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"--Provided by publisher.

A pioneer in the study of battered women analyzes, based on case histories, the complex forces that drive some abused women to murder and discusses the legal and emotional aftermath of the killing

"Rich with expert, practical guidance for therapists, this book

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presents an evidence-based group treatment approach for survivors of interpersonal trauma. This time-limited treatment is designed for clients who have achieved basic safety and stability in present-day life and who are ready to work on the more enduring ways that trauma has harmed their self-perception and relationships. Vivid case examples and transcripts illustrate the process of screening, selecting, and orienting group members and helping them craft and work toward individualized goals, while optimizing the healing power of group interactions. In a convenient large-size format, the book includes reproducible handouts, worksheets, and flyers"--Provided by publisher.

The author of *The Body Remembers* offers eight main strategies--mindfulness, a focus on survival, recovery without false memories, creating an inner dialogue that soothes, building psychological defenses to cope and more--for combating the life-altering affects of trauma. Original

Infused with clinical wisdom, this book describes a supportive group treatment approach for survivors just beginning to come to terms with the impact of interpersonal trauma. Focusing on establishing safety, stability, and self-care, the Trauma Information Group (TIG) is a Stage 1 approach within Judith Herman's influential stage model of treatment. Vivid sample transcripts illustrate ways to help group participants deepen their understanding of trauma, build new coping skills, and develop increased compassion for themselves and for one another. In a large-size format for easy photocopying, the volume provides everything needed to implement the TIG, including session-by-session guidelines and extensive reproducible handouts and worksheets. Purchasers get access to a companion website where they can download and print the reproducible materials from the book, as well as an online-only set of handouts and worksheets in Spanish. See also *The Trauma Recovery Group*, by Michaela Mendelsohn, Judith Lewis Herman, et al., which presents a Stage 2 treatment approach for clients who are ready to work on processing and integrating traumatic memories.

Heather Davediuk Gingrich applies years of counseling experience to the sensitive task of treating complex traumatic stress disorder (CTSD). Writing for pastors and counselors who have not received training in complex trauma, Gingrich integrates current trauma therapy research with Christian priorities such as prayer and spiritual warfare.

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