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Signs and Symptoms,  
Diagnosis and Treatment.*

*Healing From Sexual Abuse  
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discusses PTSD, Assault,*

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choking, being attacked

\u0026 Body Memories

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Treating the Trauma of Rape  
Cognitive Behavioral Therapy  
for PTSD **How triggers affect**

**rape survivors Physical**

**Treatment Assists Rape**

**Victim to Overcome the**

**Trauma** *Treating The Trauma*



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Amazon.co.uk: Foa, Edna B.,  
Olasov Rothbaum, Barbara:  
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Drs. Foa and Rothbaum, both  
well-recognized researchers  
and practitioners, have

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written a book delineating  
how women who are  
traumatized by rape adapt to  
this intrusion of violence  
into their lives and how  
those who develop  
posttraumatic stress  
disorder (PTSD) recover. In

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Behavioral Therapy For  
turning the unabashed eyes  
of scientists to the  
PTSD Treatment Manuals  
treatment of PTSD, Foa and  
For Practitioners  
Rothbaum present a  
description of the disorder  
based on the research  
literature.

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for PTSD. Treating the  
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Foa, Barbara Olasov

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Rothbaum. Guilford Press,  
Oct 24, 2001 - Psychology -  
286 pages. 2 Reviews. After  
reviewing the relevant  
treatment literature, the  
authors detail how to assess  
and treat PTSD using a  
cognitive-behavioral

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approach. Complete instructions are given for planning treatment, as well as for introducing the patient to the various interventions.

*Treating the Trauma of Rape:*

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The aftermath of rape and  
sexual trauma. Sexual

violence is shockingly  
common in our society.

According to the Centers for  
Disease Control and



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Behavioral Therapy For  
Prevention (CDC), nearly 1  
in 5 women in the U.S. are  
raped or sexually assaulted  
at some point in their  
lives, often by someone they  
know and trust.

*Recovering from Rape and*

*Page 25/72*

# Acces PDF Treating The Trauma Of Rape Cognitive Behavioral Therapy For *Sexual Trauma – HelpGuide.org*

The book opens with a vivid, gripping account of rape trauma that underscores the terror of sexual violence. Turning next to the scientific literature, the

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authors review studies on  
epidemiology,  
psychopathology, and  
treatment for rape-related  
posttraumatic stress  
disorder, and interpret  
these data within the  
framework of Foa's emotional

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processing theory.

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for PTSD. Edna B. Foa and

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Barbara Olasov Rothbaum  
(1998) New York: Guilford  
Press, 282 pages, \$30.00

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...

Coping strategies for rape

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First and foremost, you have to accept the fact that the rape incident happened and it is all in the past. You have to acknowledge that it was never your fault to get raped. This only cause of

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rape is the rapist. Engage  
in what you enjoy doing to  
occasionally take ...

*Effects and Stages of Rape  
Trauma Disorder*

Types of Rape Therapy for  
Treatment of Rape Stress

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Inoculation Rape Therapy.

Stress inoculation rape therapy was developed to treat those with elevated

fear and... Prolonged

Exposure Therapy. Prolonged

exposure rape therapy is

also known as flooding and



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is a way of desensitizing a... Cognitive ...

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Treatment of individuals who  
have been raped: Foa &  
Rothbaum model Source: Foa

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for PTSD. New York: Guilford  
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ability to be aware of, and  
to draw on, knowledge of the

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In the U.S alone,  
approximately 1.5 million  
adult female survivors of  
rape are estimated to suffer



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from chronic PTSD. This  
invaluable book, informed by  
the latest research and  
written by two of the  
leading authorities in the  
field, provides a step by  
step guide to proven brief  
therapy techniques for

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treating traumatized women  
Filling an urgent need of  
front line practitioners  
In the  
U.S alone ...

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*Page 43/72*

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Treating The Trauma of Rape  
by Edna B. Foa,  
9781572301788, available at  
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Treating the Trauma of Rape  
may be heavy fare for  
survivors and their  
families...however, it is a  
complete treatment manual  
for therapists. The step by

step explanations of treatment tactics...even the controversial ones...makes this a valuable tool in any therapist's practice.

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After reviewing the relevant treatment literature, the authors detail how to assess and treat PTSD using a cognitive-behavioral approach. Complete instructions are given for planning treatment, as well

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as for introducing the patient to the various interventions. Nine exposure and stress management techniques are then detailed, including imaginal exposure (trauma reliving), in vivo exposure, relaxation



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training, thought-stopping, cognitive restructuring, covert modeling, and role-playing. Enhancing the books clinical utility are numerous case examples illustrating how to implement the techniques, as well as

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explanations of how to cope with common problems and complications in treatment.

The final chapter presents detailed outlines of three suggested treatment programs.

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This book has been replaced  
by Cognitive-Behavioral  
Therapy for PTSD, Second  
Edition, ISBN

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The psycho-social needs of  
victims of rape and sexual

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assault are increasingly recognised and there is a need for a critical synthesis of knowledge and practice to support the development of training and best practice in the mental health and sexual health

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Professions. The Trauma of Sexual Assault provides an understanding of the theoretical underpinning of the wide range of clinical problems that can follow sexual assault. Focusing on adult victims of sexual

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assault, this book brings together research findings, theoretical perspectives and implications for treatment, longer term management, and future policy. \* The first text to consider the psychological impact of

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sexual assault on women and men \* Incorporates a comprehensive flow-through model of psychological and social management from the initial presentation of the assaulted person onwards \* A much needed reference,

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accessible to a wide range  
of professionals Part of the  
Wiley Series in Clinical  
Psychology

Sexual assault is a  
traumatic event from which  
many survivors never fully



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recover. They may develop a range of disorders, including post-traumatic stress disorder, depression, poor self-esteem, interpersonal difficulties and sexual dysfunction. This volume provides insight into

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the effects of rape and explores a treatment approach that assists in the healing process.

A top-selling, best-reviewed book about women's recovery from rape trauma,

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"Resurrection After Rape" is an ideal resource for counselors, treatment centers, college course texts, and survivors of rape.

The trauma caused by rape

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and sexual assault can often be further compounded by unthinking or insensitive comments from people who may judge, disbelieve or disparage the victim. This authoritative resource draws together advice for all

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people in the helping  
professions on how to work  
with victims of rape and  
sexual violence. The wide-  
ranging topics cover the  
effects of rape, male rape,  
childhood sexual abuse, sex  
trafficking and

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transmitted infections,  
giving best practice advice  
on how to offer effective  
and compassionate support to  
help survivors.

Provides psychological and

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practical guidance to women  
coping with the aftermath of  
rape and features a state-by-  
state listing of rape crisis  
centers

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Behavioral Therapy For  
Offers healing strategies  
for victims, family members,  
and professionals working  
with survivors of rape and  
child sexual abuse,  
discussing memories,  
survival responses, fears,  
romantic partners, and self.



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Overcome shame and stigma;  
and bring a newly felt sense  
of safety, awareness, and  
life to your body. If you've  
experienced rape, sexual  
abuse, molestation, or  
sexual trauma, you may feel

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as if you've lost your sense  
of self. You may have  
difficulty setting  
boundaries or building  
satisfying sexual  
relationships. Sometimes,  
you may even feel like your  
body isn't your own. You

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aren't alone. The scars of sexual trauma exist not only in the mind, but also in the body. And in order to heal, build resilience, and discover a sense of hope, you must address both.

Drawing on the powerful mind-

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body techniques of somatic  
therapy, The Healing Sexual  
Trauma Workbook is a step-by-  
step guide to overcoming the  
psychological effects of  
sexual trauma, and  
increasing positive body  
awareness and vitality.

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You'll find tools to help  
you create an internal sense  
of safety and become more  
embodied and present. You'll  
also discover ways to  
establish boundaries; move  
beyond intense feelings like  
shame, fear, and guilt; and

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Behavioral Therapy For  
deal effectively with  
triggers. Finally, you'll  
learn how to cultivate self-  
compassion and the  
confidence needed to live  
your best life. What  
happened to you isn't your  
fault, and it doesn't define

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you. With the right tools, you can live a full and satisfying life beyond sexual trauma. This workbook will help guide you, every step of the way.

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