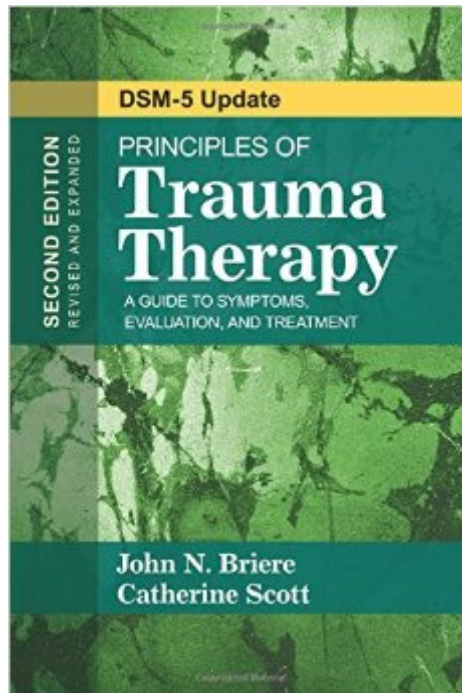


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# Principles Of Trauma Therapy: A Guide To Symptoms, Evaluation, And Treatment ( DSM-5 Update)



## Synopsis

Thoroughly updated with DSM-5 content throughout, *Principles of Trauma Therapy, Second Edition: DSM-5 Update* is both comprehensive in scope and highly practical in application. This popular text provides a creative synthesis of cognitive-behavioral, relational, affect regulation, mindfulness, and psychopharmacologic approaches to the "real world" treatment of acute and chronic posttraumatic states. Grounded in empirically-supported trauma treatment techniques and adapted to the complexities of actual clinical practice, this book is a hands-on resource for front-line clinicians, those in private practice, and graduate students of public mental health.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (41 customer reviews)

Best Sellers Rank: #19,682 in Books (See Top 100 in Books) #18 in [Books > Textbooks > Social Sciences > Psychology > Neuropsychology](#) #23 in [Books > Textbooks > Social Sciences > Psychology > Clinical Psychology](#) #30 in [Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder](#)

## Customer Reviews

As a professor teaching post traumatic stress reaction to graduate and undergraduate students, I was looking for a book that hit the basics along with some key pieces regarding assessment, diagnostic criteria, and examples that highlighted some of the subtleties associated with complex trauma. This book is well organized and not too overwhelming for people new and beginning the field and a nice refresher for seasoned clinicians. Easy to read, clearly outlined to build upon each subject, I found it both a solid read, affordable, and made it a required read for my course. Please note that I purchased this book way back October 12, 2013 but only now getting to put my thoughts in writing.

This book was required reading in my Trauma & Intervention class and I loved it so much that I kept

it. It is easy to understand if you are new to trauma therapy (which I am). I refer to it fairly often and have absolutely put what I learned to good use. I truly believe this book helped make me a better therapist.

This book is a good book if your looking for basic information about trauma therapy. However, it just really hits the basics, so unless you are reading it to just get started in the trauma field, it may be a bit remedial.

A very helpful resource for therapists and counselors. I had it for my trauma and crisis course and I really liked it. It is good even if that is not your area of specialty/expertise. A valuable book.

This book was recommended to me by my graduate school professor as being the most up-to-date, most inclusive book on trauma therapy that exists today, and that it is! First, it is written in an organized and coherent manner. It is extraordinarily well written and engaging which is amazing for a text of this type. It contains information on just about every subject that a beginning trauma therapist as well as a well-seasoned therapist would want to know! This is an incredible book and my only criticism is that, knowing how much I shall be referring to it, it is only a paperback and I wish it were a hardcover so that it will withstand the test of time in better condition. The price is extraordinarily reasonable when one considers the cost of most textbooks these days. I highly, highly recommend this book as a MUST read for every trauma therapist, or trauma therapist in training. I cannot say enough excellent things about the Briere and Scott text. Buy it. You will not regret it for a moment! In addition, after purchasing the DSM-V, I can say that although this book was written before the DSM-V came out, it dovetails with it extremely well, and is a perfect book to purchase after getting the new DSM-V if you don't already have Principles of Trauma Therapy. It is for anyone who is a mandated reporter also, as I am. Presently, I'm a doctoral candidate in Special Education, and find that this book will be helpful there as well. As a person who has worked directly in Special Education for over 11 years, and have had professional contact with Special Needs children for over thirty years, this book is a must--for anyone who works with children, teens, (or adults who have just disclosed trauma) whether you are in Psychology or Special Education, or any allied field that makes you a mandated reporter. The book is a MUST HAVE.

Didnt use this book as often as I thought I would. It is good to have in the background as a back up to review. I wish I would have used a different book that was more in depth with intervention adn

treatment plan step by step. I did read for class but even in class we did not use as much

Very helpful in learning how to conceptualize and deal with PTSD. It would have been even more helpful to go in-depth about talking about certain populations of people who have dealt with traumas (vets, those who have been sexually abused, those who have been trafficked, etc.), but he touches on groups of people and that is helpful.

It helps understand what to do with clients going over a crisis and or trauma. I tells you how to start what to say or do not say when treating clients with trauma.

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