Therapeutic Residential Care for Children: An Attachment and Trauma-Informed Model for Practice - Susan Barton, Rudy Gonzalez and Patrick Tomlinson

Pbk  |  288pp  |  9781849052559  |  1/10/2011  |  RRP (inc GST)  A$56.95  |  NZ$568  Jessica Kingsley

This book provides a model of care for traumatized children, based on theory and practice experience pioneered at the Lighthouse Foundation, Australia. The authors explain the impact of trauma on child development, drawing on psychodynamic, attachment and neurobiological trauma theories. The practical aspects of undertaking therapeutic care are then outlined, covering everything from forming therapeutic relationships to the importance of the home environment and daily routines.

Healing The Hidden Hurts: Transforming Attachment and Trauma Theory Into Effective Practice with Families, Children and Adults - Caroline Archer, Charlotte Drury and Jude Hills

Pbk  |  264pp  |  9781849055482  |  21/04/2015  |  RRP (inc GST)  A$49.95  |  NZ$62  Jessica Kingsley

Healing The Hidden Hurts: Transforming Attachment and Trauma Theory Into Effective Practice with Families, Children and Adults provides a unique collection of professional and personal responses to the challenges that arise in dealing with attachment difficulties. With contributions from social workers, adoptive parents, adoptees, psychologists, therapists, counsellors and other related professionals, this book provides a varied and expansive approach to explaining attachment theory.

Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children, Families and Adults 2ed - Terry M Levy and Michael Orlans

Pbk  |  480pp  |  9781849058889  |  28/06/2014  |  RRP (inc GST)  A$69  |  NZ$84  Jessica Kingsley

Now in a fully updated and expanded edition, Levy and Orlan’s classic text on attachment provides a comprehensive overview of attachment theory, how attachment issues manifest, and how they can be treated. The book covers attachment-focused assessment and diagnosis, specialised training and education for caregivers, treatment for children and caregivers and early intervention and prevention programmes for high-risk families.

Reparenting the Child Who Hurts: A Guide to Healing Developmental Trauma and Attachments - Caroline Archer and Christine Gordon

Pbk  |  288pp  |  9781849052634  |  15/02/2013  |  RRP (inc GST)  A$44.95  |  NZ$53.95  Jessica Kingsley

Reparenting the Child Who Hurts equips parents and primary carers with the knowledge and skills to be able to respond to children’s changing needs as they move through childhood. In clear, approachable language, it explains the impact of early trauma on the neuro-biological development of children, and provides clear guidance for foster and adoptive parents.

Trauma-Focused CBT for Children and Adolescents: Treatment Applications - Judith A Cohen, Anthony P Mannarino and Esther Deblinger

Hbk  |  308pp  |  9781462504824  |  25/06/2012  |  RRP (inc GST)  A$85  |  NZ$102  Guilford Publica

Since the publication of Cohen et al.’s authoritative Treating Trauma and Traumatic Grief in Children and Adolescents, trauma-focused cognitive-behavioural therapy (TF-CBT) has become the leading empirically supported treatment for children exposed to traumatic life events. This book - featuring a wealth of clinical examples - describes ways that TF-CBT is being applied in a range of contexts and with diverse populations. Experienced clinicians provide specific recommendations for effectively implementing the approach in schools, foster care, and residential and international settings; incorporating play strategically; and tailoring TF-CBT for adolescents with complex trauma, children with developmental challenges, and those from military families.
Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency - Maragret E Blaustein and Kristine M Kinniburgh

Pbk | 372pp | 9781606236253 | 30/03/2010 | RRP (inc GST) A$92 | NZ$111 Guilford Publications

Grounded in theory and research on complex childhood trauma, this book provides an accessible, flexible, and comprehensive framework for intervention with children and adolescents and their caregivers. It is packed with practical clinical tools that are applicable in a range of settings, from outpatient treatment centers to residential programs. Rather than presenting a one-size-fits-all treatment model, the authors show how to plan and organize individualized interventions that promote resilience, strengthen child–caregiver relationships, and restore developmental competencies derailed by chronic, multiple stressors.

Clinical Exercises for Treating Traumatic Stress in Children and Adolescents: Practical Guidance and Ready-To-Use Resources - Damion J Grasso

Pbk | 200pp | 9781849059497 | 28/11/2013 | RRP (inc GST) A$63 | NZ$75 Jessica Kingsley P

How do I implement effective strategies for treating traumatic stress in this particular child or adolescent? Clinical Exercises for Treating Traumatic Stress in Children and Adolescents combines guidance for personalizing and implementing effective treatment approaches with practical materials to use in session. It describes the potential impact of trauma on children and adolescents, outlines core principles of effective treatment models, and provides practical guidance for tailoring treatment strategies to the specific needs of the individual.

Creative Interventions with Traumatized Children 2ed - Cathy A Malchiodi

Hbk | 364pp | 9781462518166 | 21/10/2014 | RRP (inc GST) A$87 | NZ$104 Guilford Publications

A trusted, bestselling resource, this volume demonstrates a range of creative approaches for facilitating children’s emotional reparation and recovery from trauma. Experts in play, art, music, movement, and drama therapy, as well as bibliotherapy, describe step-by-step strategies for working with children, families, and groups. Rich with case material and artwork, the book is both practical and user-friendly. Specific types of stressful experiences include parental loss, child abuse, family violence, bullying, and mass trauma. Important developments in neurobiology, self-regulation, and resilience and posttraumatic growth are highlighted in this substantial revision.

Cognitive Behavioural Therapy for Child Trauma and Abuse: A Step-by-Step Approach - Jacqueline S Feather and Kevin R Ronan

Pbk | 144pp | 9781849050869 | 15/05/2010 | RRP (inc GST) A$49.95 | NZ$58.95 Jessica Kingsley

This book uses an evidence-based CBT treatment model to assist children and adolescents aged 9-15 years to resolve trauma symptoms and increase their coping skills. The approach is made up of 16 step-by-step sessions to carry out with the young person, and includes worksheets and fun activities using arts and crafts.

Foster Parenting Step-by-Step: How to Nurture the Traumatized Child and Overcome Conflict - Kalyani Gopal

Pbk | 160pp | 9781849059374 | 28/04/2013 | RRP (inc GST) A$26.95 | NZ$31.95 Jessica King

Foster Parenting Step-by-Step is a concise how-to guide to fostering that summarizes what to expect as a foster parent, and gives immediate practical solutions. It outlines the different stages of a fostering relationship, raising common issues encountered at each age and how to tackle them. It also explains the impact of trauma on your child: how this can show itself through challenging behavior and how to respond to it.
Using Stories to Build Bridges with Traumatized Children: Creative Ideas for Therapy, Life Story Work, Direct Work and Parenting - Kim S Golding

Pbk | 208pp | 9781849055406 | 21/07/2014 | RRP (inc GST) | A$42.95 | NZ$51.95 | Jessica King

Using Stories to Build Bridges with Traumatized Children is full of creative ideas for how you can use stories therapeutically with children in counselling, life story work or direct work. Attachment expert Kim S. Golding shows how you can use stories to build connections with children aged 4-16 and support their recovery from trauma and stress. She illustrates the techniques with 21 stories adapted from her own clinical work with children and families, and explains how you can expand or adapt them to make them more relevant for a particular child.

Healing Days: A Guide For Kids Who Have Experienced Trauma - Susan Farber Straus

Pbk | 32pp | 9781433812934 | 20/05/2013 | RRP (inc GST) | A$19.95 | NZ$23.95 | Magination

This story follows a child who has had an unspecified bad thing happen that is difficult to reveal, and is causing much distress. The child is given effective ways to deal with her/his feelings (strategies based on trauma-focused cognitive behavioral approaches) and begins to recover from the experience. Age range 4-8 years.

Safe Place for Caleb: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief and Loss or Early Trauma - Kathleen A Chara and Paul J Chara Jr

Pbk | 128pp | 9781843107996 | 18/05/2005 | RRP (inc GST) | A$34.95 | NZ$41.95 | Jessica King

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

Clinical Practice

Life After Trauma: A Workbook for Healing 2ed - Dena Rosenbloom and Mary Beth Williams

Pbk | 295pp | 9781606236086 | 30/03/2010 | RRP (inc GST) | A$41.95 | NZ$49.95 | Guilford

This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives, with a focus on the posttrauma present. Full of practical strategies for coping and self-care, the book guides readers step by step toward reclaiming a basic sense of safety, self-worth, trust, and control, as well as the capacity to be close to others. Updated throughout, the second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits.

Treating Military Sexual Trauma - Lori Katz

Pbk | 280pp | 9780826127785 | 28/07/2015 | RRP (inc GST) | A$121 | NZ$144 | Springer Publishers

The incidence of sexual assault and harassment experienced by members of the US Armed forces has reached epidemic proportions. Its victims often suffer from devastating, life-long consequences to their careers, health, relationships, and psychological wellbeing. This authoritative resource is the first book written for mental health clinicians about understanding and treating military sexual trauma (MST). With contributions from top experts in the field, this book presents information on evidence-based and emerging treatments to address the complex symptoms related to MST.
Treating Traumatic Bereavement: A Practitioner’s Guide  Laurie Anne Pearlman, Camille B Wortman, Catherine A Feuer, Christine Farber and Therese A Rando

Pbk  |  358pp  |  9781462513178  |  31/01/2014  |  RRP (inc GST)    A$87  |  NZ$104  |  Guilford Publications

This book presents an integrated treatment approach for those struggling to adapt after the sudden traumatic death of a loved one. The authors weave together evidence-based clinical strategies grounded in cutting-edge knowledge about both trauma and grief. It offers a clear framework and many practical tools for building survivors’ psychological and interpersonal resources, processing their trauma, and facilitating mourning. In a large-size format with lay-flat binding for easy photocopying, the book includes over 30 reproducible handouts. Purchasers also can access a Web page to download and print these materials as well as supplemental handouts and a sample 25-session treatment plan.

Treating Complex Traumatic Stress Disorders (Adults): Scientific Foundations and Therapeutic Models - Christine A Courtois and Julian D Ford

Pbk  |  488pp  |  9781462513390  |  22/10/2013  |  RRP (inc GST)    A$78  |  NZ$95  |  Guilford Publications

Combining scientific and clinical perspectives, this volume brings together leading authorities on complex traumatic stress and its treatment in adults. Contributors review the research that supports the conceptualisation of complex traumatic stress as distinct from PTSD. They explore the pathways by which chronic trauma can affect psychological development, attachment security, and adult relationships. Chapters describe evidence-based assessment tools and an array of treatment models for individuals, couples, families, and groups.

Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach  Christine A Courtois and Julian D Ford


This insightful clinical guide provides a pragmatic roadmap for treating adult survivors of complex psychological trauma. Christine Courtois and Julian Ford present their effective, research-based approach for helping clients move through three clearly defined phases of post-traumatic recovery. Two detailed case examples run throughout the book, illustrating how to plan and implement strengths-based interventions that use a secure therapeutic alliance as a catalyst for change.

Treatment of Late-Life Depression, Anxiety, Trauma, and Substance Abuse  Patricia A Arean

Hbk  |  264pp  |  9781433818394  |  17/11/2014  |  RRP (inc GST)    A$145  |  NZ$172  |  American Psychological Association

Older adults are healthier now on average than in decades past, but they still require specialised care. Mental health providers seeing a growing number of older patients in their practice may have little experience in the best methods for working with them. To fill that gap, Patricia Arean assembled this volume of best practices in treating mental disorders in late life. It includes an overview of geropsychology and the training resources available to help clinicians develop the competencies they need to work with older adults.

Mindfulness-Oriented Interventions for Trauma: Integrating Contemplative Practices - Victoria M Follette, John Briere, Deborah Rozelle, James W Hopper and David I Rome

Hbk  |  372pp  |  9781462518586  |  24/12/2014  |  RRP (inc GST)    A$86  |  NZ$103  |  Guilford Publications

Grounded in research and accumulated clinical wisdom, this book describes a range of ways to integrate mindfulness and other contemplative practices into clinical work with trauma survivors. The volume showcases treatment approaches that can be tailored to this population’s needs, such as mindfulness-based stress reduction (MBSR), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindful self-compassion (MSC), among others. Featuring vivid case material, the book explores which elements of contemplative traditions support recovery and how to apply them safely.
Trauma Counseling: Theories and Interventions  Lisa Lopez Levers

Trauma Counseling is a comprehensive, multidisciplinary guide to the theory and treatment of survivors of a broad spectrum of traumatic events, including interpersonal violence, hate crimes, school violence, community violence, natural disasters, and war and terrorism. It is written by a Fulbright scholar who is internationally recognized for her work with traumatized populations.

Counselling Skills for Working with Trauma: Healing From Child Sexual Abuse, Sexual Violence and Domestic Abuse - Christiane Sanderson

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 practical 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; attachment; managing flashbacks, panic attacks, nightmares and dissociation and more.

Psychology of Trauma 101  Lesia Ruglass and Kathleen Kendall-Tackett

Mental health professionals who don’t specialise in trauma practice are discovering more and more frequently that trauma survivors represent a high percentage of their client population. Trauma 101 is a concise, current, balanced, and accessible overview of one of the most pervasive, yet controversial psychological issues faced today. It is grounded in the most up-to-date research and theories on trauma and its effects, and covers not only the concepts of what trauma is and the ways in which different kinds of traumas affects people, but also considers how it is diagnosed in the wake of the DSM-V and is treated with both evidence-based and alternative methods.


Rather than limiting itself to a single therapeutic model, this book describes a comprehensive, multi-modal approach to simple and complex trauma presentations. Filled with examples, tools, and concrete interventions, this book provides directly applicable, empirically-informed information on how to apply different treatment techniques and modalities to address different issues and symptom clusters found in trauma survivors.

Life Story Therapy for Traumatized Children: A Model for Practice  Richard Rose

Life Story Therapy is an approach designed to enable children to explore, question and understand the past events of their lives. It aims to secure their future through strengthening attachment with their carers and providing the opportunity to develop a healthy sense of self and a feeling of wellbeing. This comprehensive overview lays out the theory underlying life story therapy, including an accessible explanation of contemporary research in neurobiology and trauma. Featuring tried and tested ideas, with tools and templates illustrated through instructive case studies, the author identifies how life story therapy can be implemented in practice.
Child’s Own Story: Life Story Work with Traumatized Children  Richard Rose and Terry Philpot

Helping traumatised children develop a narrative about their life and the lives of people closest to them, is key to their understanding and acceptance of who they are and their past experiences. The Child's Own Story is an introduction to life story work and how this effective tool can be used to help children and young people recover from abuse and make sense of a disrupted upbringing in multiple homes or families.

Visions and Revisions: Performance, Memory, Trauma  Bryoni Trezise and Caroline Wake

Visions and Revisions brings the fields of performance studies and trauma studies together in conversation where they inform crucial themes such as trauma, testimony, witness, and spectatorship. While performance studies is increasingly addressing trauma and how to represent it, attention is still often relegated to high-brow forms of art and political theater. The contributors here fill a critical gap, raising questions about how popular and mediatised performances that memorialise trauma might also be viewed through performance theory.

Neurobiology and Treatment of Traumatic Dissociation: Towards an Embodied Self  Ulrich Lanius, Sandra Paulsen and Frank Corrigan

Encompassing the contributions of expert clinicians and researchers in the area of traumatic stress and dissociation, this volume is the first to integrate current neuroscience research regarding traumatic dissociation with several cutting-edge approaches to treatment, providing a comprehensive, neurobiologically based treatment approach. The text discusses current neuroscientific research regarding traumatic stress and dissociation that includes attachment, affective neuroscience, polyvagal theory and structural dissociation yielding a comprehensive model that guides treatment and clinical interventions for traumatic dissociation.

Principles and Techniques of Trauma-Centered Psychotherapy  David R Johnson and Hadar Lubin

Therapists interested in conducting rigorous and effective trauma-centered conversations with their patients will find Principles and Techniques of Trauma-Centered Psychotherapy of enormous instructional and clinical value. Never before has a text examined the process of trauma inquiry in the detail presented here—specifically, in dozens of extremely thorough case examples that demonstrate successful and unsuccessful therapeutic interventions. Exercising great care and skill, the authors describe the step-by-step mechanics of conducting an effective trauma-centered psychotherapy based on imaginal exposure from an in-depth narrative of the client's traumatic experiences.

Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets: Treating Trauma- and Stressor-Related Conditions - Marilyn Luber

Using EMDR Therapy’s standard procedures and protocols as its template, this book presents step-by-step scripts that enable new practitioners and seasoned EMDR clinicians, trainers, and consultants alike to incorporate EMDR Therapy into their case conceptualizations and treatment plans while working with patients who have issues related to trauma, and stressor-related conditions. These scripts can be put to use immediately and retain the complete integrity of EMDR Therapy by presenting the three-prong protocol (past memories, present triggers, and future templates) and the 11-step procedure essential to the standard practice of EMDR Therapy.
Trauma Healing at the Clay Field: A Sensorimotor Art Therapy Approach
Cornelia Elbrecht
Pbk | 336pp | 9781849053457 | 15/09/2012 | RRP (inc GST) A$63 | NZ$75
Jessica Kingsley P

Using clay in therapy taps into the most fundamental of human experiences - touch. This book is a comprehensive step-by-step training manual that covers all aspects of 'Work at the Clay Field', a sensorimotor-based art therapy technique. The book discusses the setting and processes of the approach, provides an overview of the core stages of Gestalt Formation and the Nine Situations model within this context, and demonstrates how this unique focus on the sense of touch and the movement of the hands is particularly effective for trauma healing in adults and children.

Understanding Crisis Therapies: An Integrative Approach to Crisis Intervention and Post Traumatic Stress - Hilda Loughran
Pbk | 224pp | 9781849050326 | 1/05/2011 | RRP (inc GST) A$56.95 | NZ$68
Jessica Kingsley

This book covers the different influences on crisis therapies and traces the development of crisis theory across its different phases. Each chapter explores a different approach, including psychoanalytic; cognitive, which includes motivational interviewing; systemic; radical; and social construction, which covers solution focused therapy and enhancing resilience. Chapters on the developmental, behavioural, and post-traumatic approaches are also included, and the final chapter illustrates an integrated framework drawing on our knowledge of crisis so far. Case studies are featured throughout to demonstrate the theories and therapies in practice.

Spiritually Oriented Psychotherapy for Trauma  Donald F Walker, Christine A Courtois and Jamie D Aten
Hbk | 312pp | 9781433818165 | 13/10/2014 | RRP (inc GST) A$123 | NZ$147
American Psyc

Trauma can impact people not only psychologically, socially, and physically, but spiritually as well. Recent clinical research has shown that psychotherapists working with traumatised clients can foster better outcomes if they exercise sensitivity to their clients' spiritual needs. This book addresses a wide range of different client presenting problems, with a specific focus on relational forms of trauma, such as sexual abuse, partner violence, and other familial forms of trauma. The case studies illustrate multiple facets of spirituality rather than explaining it as merely a source of anxiety reduction, social connectedness, or control.