



Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment (Dsm-5 Update)

John Briere , Catherine Scott

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This book describes assessment approaches and specific interventions not only for the cognitive and emotional processing of trauma memories, but also for the treatment of problems related to affect dysregulation, identity/self-disturbance, cognitive distortions, negative relational schema, and avoidance responses such as substance abuse, dissociation, and tension-reduction behavior. More at <http://books.google.com/books?id=bvKD...>

"This is a phenomenal compilation of clinical, biological, neuropsychiatric, and psychotherapeutic information on the subject of trauma. The authors move from the very basic subject of 'what trauma is' to the most complicated subjects of etiology and intervention. The usefulness of the book is greatly enhanced by the many case examples. This is a major contribution, both for those who treat and for theoreticians.... a must for every clinician!"

--Marcia Goin, MD, PhD, Psychoanalyst; Past-president, American Psychiatric Association; Professor of Clinical Psychiatry, Keck School of Medicine, University of Southern California, Los Angeles, CA

Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment (Dsm-5 Update) Details

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From Reader Review Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment (Dsm-5 Update) for online ebook

Jessica says

Helpful and specific applications for treating trauma. Includes psychoed, distress reduction and affect regulation training, cognitive interventions, emotional processing, increasing identity and relational functioning, and mindfulness in trauma treatment.

Also includes a section on treating ACUTE TRAUMA.

Amanda says

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.

Elizabeth says

As a counselling psychologist specialising in trauma work, Briere's book on the Principles of Trauma Therapy is a concise and well-written guide that I've turned to repeatedly, to reinforce my knowledge and skills. It is in-a-nut-shell kind of book without compromising on the essential and comprehensive information valuable to a practitioner.

Jack Richard says

Very useful guide for working with people who have lived through some awful situations. Would recommend if work in the field.

Christina says

Tempted to have this review hidden for spoilers just so people wonder what there is to spoil. Spoiler alert! Excellent treatment manual, will keep this book I had to get for school (which is the highest praise a school book can get)

Jon De says

Really good explanation and insight into trauma and its effects on individuals. The step by step explanations and instructions are greatly informative. This is a must have book for any clinician who will have any contact with clients in anysetting. I have begun to use and incorporate its principles into my own practice.

Jessica says

I sat through this guy's all-day lecture on trauma earlier this year, and it was one of the most incredible experiences of my (admittedly, fairly dull) life. Yes, sitting still in a chair just listening to this man talk about effects of some of the most horrific human experiences imaginable, for hours on end, was completely amazing. I laughed, I cried, I probably threw up a little.... Amazing. Totally amazing.

So yeah, but I remember flipping through his book outside and feeling pretty underwhelmed, so I didn't buy it. I loved his lecture so much that I kind of feel like I should try and read this... though in my experience "fantastic lecturer" and "fantastic author" can be pretty mutually exclusive terms. Still, I'm going to check it out eventually.... In any case, if you work in mental health or are at all interested in trauma/PTSD, and you ever get a chance to see John Briere do his thing, I strongly recommend you go.

Ginnie, do you know this guy? I think he's at USC.

Abnoos says

Naturally some of the tiny bits of info are counter-argued by recent studies. Otherwise a well written and fortunately condensed book!

J. Erickson says

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.

Luciano Clemente Cavalcante da Silva says

Nice.

Wanda A. says

Briere and Scott (2015) have created a well written contemporary resource for mental health care practitioners. The authors provide a clear and thoughtful definition of trauma and traumatic events that support sensitive, individualized, and person-centered evaluation and therapeutic treatment. This book is a treasure that I know I will continue to refer to in my work. Thank you John Briere and Catherine Scott for this scholarly gift.
