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Overview. 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, it is a hands-on resource for front-line

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health.

Trauma-informed practices (sometimes referred to as trauma-informed care) are a model for understanding and

compassionately serving people who live with, or are affected by, the consequences of toxic stress or trauma. First, by acknowledging the role that trauma has played in their health, behaviors, and relationships.

Resilient Wisconsin: Trauma-Informed Practices | Wisconsin ...

Principles of Trauma Therapy has an agenda in terms of promoting exposure therapy, but it also offers a holistic array of coping strategies —for both the therapist and the person in therapy—to ...

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