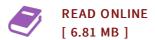




### Treating PTSD with Cognitive-Behavioral Therapies: Interventions That Work (Paperback)

By Candice M. Monson, Philippe Shnaider

American Psychological Association, United States, 2014. Paperback. Book Condition: New. 226 x 150 mm. Language: English. Brand New Book. Backed by decades of research, cognitive behavioral therapy is the intervention of choice for clients with post-traumatic stress disorder (PTSD) regardless of their age, gender, ethnicity, or source of symptoms. This compact, clinician-friendly resource walks readers through cognitive behavioral techniques and treatment packages for PTSD, using case studies to illustrate how to troubleshoot common problems. Explaining each approach s theoretical underpinnings as well as its step-by-step implementation, the authors cover both trauma-focused techniques such as prolonged exposure, cognitive processing therapy, and stress inoculation training, and non-trauma-focused or presentcentered techniques such as breathing training, relaxation training, and positive self-talk. The book also addresses depression and social isolation, symptoms that often accompany PTSD.



#### Reviews

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

### -- Ida Herman

Thorough manual! Its this kind of excellent study. It really is writter in straightforward terms and never difficult to understand. I am very happy to inform you that this is basically the very best pdf we have read through during my individual existence and could be he greatest ebook for possibly.

-- Dr. Arno Sauer Sr.

### Other Kindle Books



### Children s Rights (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...



# Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English. Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



# Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: The Sing Song (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 176 x 150 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



### Chicken Licken - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...



### The Three Little Pigs - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New.  $222 \times 150$  mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own houses - one of straw, one of...



### Three Simple Rules for Christian Living: Study Book (Paperback)

Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English. Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group study by Jeanne Torrence Finley is based...