



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

By Candice M. Monson, Philippe Schnaider

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 present-centered techniques such as breathing training, relaxation training, and positive self-talk. The book also addresses depression and social isolation, symptoms that often accompany PTSD.



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