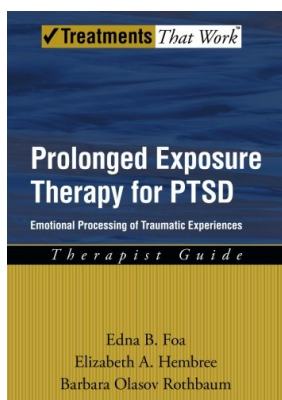


[PDF] Prolonged Exposure Therapy For PTSD: Emotional Processing Of Traumatic Experiences (Treatments That Work)

Edna Foa, Elizabeth Hembree, Barbara Olaslov Rothbaum - pdf download free book



Books Details:

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Description:

An estimated 70% of adults in the United States have experienced a traumatic event at least once in

their lives. Though most recover on their own, up to 20% develop chronic Posttraumatic Stress Disorder. For these people, overcoming PTSD requires the help of a professional.

This guide gives clinicians the information they need to treat clients who exhibit the symptoms of PTSD. It is based on the principles of Prolonged Exposure Therapy, the most scientifically-tested and proven treatment that has been used to effectively treat victims of all types of trauma. Whether your client is a veteran of combat, a victim of a physical or sexual assault, or a casualty of a motor vehicle accident, the techniques and strategies outlined in this book will help.

In this treatment clients are exposed to imagery of their traumatic memories, as well as real-life situations related to the traumatic event in a step-by-step, controllable way. Through these exposures, your client will learn to confront the trauma and begin to think differently about it, leading to a marked decrease in levels of anxiety and other PTSD symptoms. Clients are provided education about PTSD and other common reactions to traumatic events. Breathing retraining is taught as a method for helping the client manage anxiety in daily life.

Designed to be used in conjunction with the corresponding client workbook, this therapist guide includes all the tools necessary to effectively implement the prolonged exposure program including assessment measures, session outlines, case studies, sample dialogues, and homework assignments. This comprehensive resource is an exceptional treatment manual that is sure to help you help your clients reclaim their lives from PTSD.

TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions!

- All programs have been rigorously tested in clinical trials and are backed by years of research
 - A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date
 - Our books are reliable and effective and make it easy for you to provide your clients with the best care available
 - Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated
 - A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources
 - Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)
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