

Trauma And Recovery The Aftermath Of Violence From Domestic Abuse To Political Terror

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~~Trauma and Recovery: The Aftermath of Violence From~~

When Trauma and Recovery was first published in 1992, it was hailed as a groundbreaking work. In the intervening years, Herman's volume has changed the way we think about and treat traumatic events and trauma victims.

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Trauma and Recovery is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context.

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Trauma and Recovery Summary The Aftermath of Violence \u2013 From Domestic Abuse to Political Terror. About Judith Herman. Despite being an author, Judith Lewis Herman, teaches clinical psychiatry at Harvard University. "Trauma and Recovery Summary". Traumatic experiences can have a different impact ...

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Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror by Judith Lewis Herman 10,364 ratings, 4.34 average rating, 433 reviews Trauma and Recovery Quotes Showing 1-30 of 56 "Many abused children cling to the hope that growing up will bring escape and freedom.

~~Trauma and Recovery Quotes by Judith Lewis Herman~~

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The History of Trauma. Societal rules and trauma, trauma patterns, and perpetuating trauma. The Stages of Recovery The Healing Relationship Rebuilding safety Restoring Control Memories and Mourning \u2013 Reconstructing the Story, Transforming Traumatic Memory. Finding Self Again. Re-emerging back into the world. The uniqueness of each person's recovery process.

~~A revised and updated edition of the groundbreaking work that changed the way we think about and treat traumatic events and trauma victims. "A stunning achievement ... a classic for our generation." --Bessel van der Kolk, M.D., author of The Body Keeps the Score~~

When Trauma and Recovery was first published in 1992, it was hailed as a groundbreaking work. In the intervening years, it has become the basic text for understanding trauma survivors. By placing individual experience in a broader political frame, Judith Herman argues that psychological trauma can be understood only in a social context. Drawing on her own research on incest, as well as on a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. A new epilogue reviews what has changed--and what has not changed--over two decades. Trauma and Recovery is essential reading for anyone who seeks to understand how we heal and are healed.

In this groundbreaking book, a leading clinical psychiatrist redefines how we think about and treat victims of trauma. A "stunning achievement" that remains a "classic for our generation." (Bessel van der Kolk, M.D., author of The Body Keeps the Score). Trauma and Recovery is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context. Drawing on her own research on incest, as well as a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. Hailed by the New York Times as "one of the most important psychiatry works to be published since Freud," Trauma and Recovery is essential reading for anyone who seeks to understand how we heal and are healed.

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Examines how people adapt to traumatic events such as rape, domestic violence, terrorism, and combat, discusses the healing process, and provides a framework for treatment

Infused with clinical wisdom, this book describes a supportive group treatment approach for survivors just beginning to come to terms with the impact of interpersonal trauma. Focusing on establishing safety, stability, and self-care, the Trauma Information Group (TIG) is a Stage 1 approach within Judith Herman's influential stage model of treatment. Vivid sample transcripts illustrate ways to help group participants deepen their understanding of trauma, build new coping skills, and develop increased compassion for themselves and for one another. In a large-size format for easy photocopying, the volume provides everything needed to implement the TIG, including session-by-session guidelines and extensive reproducible handouts and worksheets. Purchasers get access to a companion website where they can download and print the reproducible materials from the book, as well as an online-only set of handouts and worksheets in Spanish. See also The Trauma Recovery Group, by Michaela Mendelsohn, Judith Lewis Herman, et al., which presents a Stage 2 treatment approach for clients who are ready to work on processing and integrating traumatic memories.

"Rich with expert, practical guidance for therapists, this book presents an evidence-based group treatment approach for survivors of interpersonal trauma. This time-limited treatment is designed for clients who have achieved basic safety and stability in present-day life and who are ready to work on the more enduring ways that trauma has harmed their self-perception and relationships. Vivid case examples and transcripts illustrate the process of screening, selecting, and orienting group members and helping them craft and work toward individualized goals, while optimizing the healing power of group interactions. In a convenient large-size format, the book includes reproducible handouts, worksheets, and flyers"--Provided by publisher.

An essential reference and tool-kit for treating trauma survivors \u2013 now updated and even more comprehensive. Trauma Practice, now in its 3rd edition, is back by popular demand! Filled with new resources, this book based on the tri-phasic trauma treatment model is a guide for both seasoned trauma therapists and newer mental health professionals seeking practical approaches that work. Clearly written and detailed, Trauma Practice provides the reader with an array of techniques, protocols and interventions for effectively helping trauma survivors. This book will help you address the (cognitive, behavioral, body-oriented, and emotional/ relational) aftermath of trauma using impactful care approaches. In addition to presenting the foundations of CBT trauma treatment, the authors also provide step-bystep explanations of many popular and effective CBT techniques developed through the lens of phased trauma therapy. Interventions include Trigger List Development, 3-6 Breath Training, Layering, Systematic Desensitization, Exposure Therapy, Story-Telling Approaches, as well as new approaches inspired by recent research on neuroplasticity such as Picture Positive, Corrective Messages from Old Storylines, and Thematic Map.Completely new sections are devoted to forward-facing trauma therapy, and clinician self-care. This is a manual that you will find useful everyday in your trauma practice.

This insightful guide provides a pragmatic roadmap for treating adult survivors of complex psychological trauma. Christine Courtois and Julian Ford present their effective, research-based approach for helping clients move through three clearly defined phases of posttraumatic recovery. Two detailed case examples run throughout the book, illustrating how to plan and implement strengths-based interventions that use a secure therapeutic alliance as a catalyst for change. Essential topics include managing crises, treating severe affect dysregulation and dissociation, and dealing with the emotional impact of this type of work. The companion Web page offers downloadable reflection questions for clinicians and extensive listings of professional and self-help resources. See also Drs. Courtois and Ford's edited volumes, Treating Complex Traumatic Stress Disorders (Adults) and Treating Complex Traumatic Stress Disorders in Children and Adolescents, which present research on the nature of complex trauma and review evidence-based treatment models.

On July 4, 1990, while on a morning walk in southern France, Susan Brison was attacked from behind, severely beaten, sexually assaulted, strangled to unconsciousness, and left for dead. She survived, but her world was destroyed. Her training as a philosopher could not help her make sense of things, and many of her fundamental assumptions about the nature of the self and the world it inhabits were shattered. At once a personal narrative of recovery and a philosophical exploration of trauma, this book examines the undoing and remaking of a self in the aftermath of violence. It explores, from an interdisciplinary perspective, memory and truth, identity and self, autonomy and community. It offers imaginative access to the experience of a rape survivor as well as a reflective critique of a society in which women routinely fear and suffer sexual violence. As Brison observes, trauma disrupts memory, severs past from present, and incapacitates the ability to envision a future. Yet the act of bearing witness, she argues, facilitates recovery by integrating the experience into the survivor's life's story. She also argues for the importance, as well as the hazards, of using first-person narratives in understanding not only trauma, but also larger philosophical questions about what we can know and how we should live. Bravely and beautifully written, Aftermath is that rare book that is an illustration of its own arguments.

A pioneer in the study of battered women analyzes, based on case histories, the complex forces that drive some abused women to murder and discusses the legal and emotional aftermath of the killing