



101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

Linda Curran Bcpc Lpc Cacd Ccdpd

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This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise.

Tools and techniques drawn from the most effective trauma modalities:

- * Art Therapy
- * CBT
- * DBT
- ** EFT
- * EMDR
- * Energy Psychology
- * Focusing
- * Gestalt Therapy
- * Guided Imagery
- * Mindfulness
- * Psychodrama
- * Sensorimotor Psychology
- * Somatic Experiencing and Movement Therapies

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Kimberly Foley:

101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward can be one of your beginner books that are a good idea. All of us recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, but nevertheless delivering the information. The writer giving his/her effort to place every word into an enjoyable arrangement in writing 101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward yet doesn't forget the main point, giving the reader the hottest in addition to based confirmed resource facts that maybe you can be among it. This great information can draw you into a brand-new stage of crucial imagining.

Elizabeth Walborn:

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