



# Trauma Made Simple: Competencies in Assessment, Treatment and Working with Survivors

*Jamie Marich PhD*

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In *Trauma Made Simple*, trauma expert Dr. Jamie Marich brings her practical style of training to print, using clinical common sense to wade through theory, research, and hype surrounding trauma. Learn about trauma in a way that is relevant to clinical work, including extensive coverage on PTSD and other diagnoses through a bio-psycho-social-spiritual lens. Make clinically informed decisions based on setting, client preparedness, and other contextual variables. Develop strategies for treatment planning based on the best possible treatments in the field today.

*Trauma Made Simple* addresses a variety of issues that are imperative to trauma competency in clinical work, including how to handle grief and mourning, assessing for and addressing addiction (even if you are not an addiction counselor) and how to manage professional development issues, including self-care.

"*Trauma Made Simple* is an articulate and accessible guide to the experience and the healing of trauma. Using stories and first-hand accounts, Dr. Marich beautifully conveys the human aspect of trauma." - **Terry Fralich, LCPC, JD**, author of *The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy, and Love*

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Trauma Made Simple: Competencies in Assessment, Treatment and Working with Survivors can be one of your starter books that are good idea. We all recommend that straight away because this publication has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to put every word into joy arrangement in writing Trauma Made Simple: Competencies in Assessment, Treatment and Working with Survivors but doesn't forget the main point, giving the reader the hottest and based confirm resource info that maybe you can be certainly one of it. This great information can easily drawn you into new stage of crucial thinking.

#### **Melissa Peterson:**

Are you kind of active person, only have 10 or even 15 minute in your day to upgrading your mind ability or thinking skill actually analytical thinking? Then you are having problem with the book than can satisfy your short time to read it because this time you only find book that need more time to be learn. Trauma Made Simple: Competencies in Assessment, Treatment and Working with Survivors can be your answer because it can be read by an individual who have those short time problems.

#### **Nancy Leto:**

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