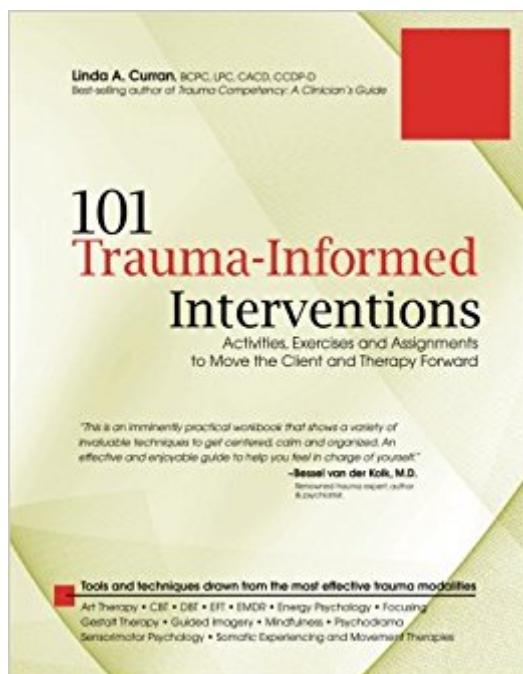


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# 101 Trauma-Informed Interventions: Activities, Exercises And Assignments To Move The Client And Therapy Forward



## **Synopsis**

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

## **Book Information**

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## **Customer Reviews**

"This is an imminently practical workbook that shows a variety of invaluable techniques to get centered, calm and organized. An effective and enjoyable guide to help you feel in charge of yourself." ~ Bessel van der Kolk, M.D., Renowned trauma expert, author & psychiatrist "This workbook provide a plethora of effective tools -- traditional as well as innovative." ~Babette Rothschild, MSW, author of The Body Remembers and Keys to Safe Trauma Recovery "Linda Curran has carefully and knowledgeably curated a practical, effective collection of interventions that actually work for trauma survivors." ~Belleruth Naparstek, LISW, author of Invisible Heroes: Survivors of Trauma and How They Heal "Drawing from the whole spectrum of trauma-based therapies, Linda Curran has compiled of practical exercises designed to help therapists and their clients better navigate the mine field that trauma work can be and find the path to healing."

~Richared Schwartz, Ph.D., author of Internal Family Systems Therapy "101 Trauma-Informed Interventions provides an accessible functional 'playbook' for therapists committed to the rehabilitation of the client with a trauma history." ~Stephen W. Porges, Ph.D., author of The Polyvagal Theory "An interesting compendium of potential interventions that can be interwoven into any therapist's existing conceptual framework." ~Louis Cozolino, Ph.D., author of The Neuroscience of Psychotherapy "Both new and experienced therapists will enrich their clinical practices with this book. It should be part of every therapist's library." --~Mike Dubi, Ed.D., LMHC, President, International Association of Trauma Professionals

Linda Curran, BCPC, LPC, CAC-D, CCDP is President of Integrative Trauma Treatment, LLC, in Havertown, PA. Currently, she provides clients an integrative approach to trauma, and treats PTSD in adolescent and adult populations, including clients with eating disorders, sexual trauma, and self-injury. An international speaker on the treatment of trauma, Linda has developed, produced, and presents multi-media workshops on all aspects of psychological trauma.

Exceptional resource for therapists. I use this in treatment with clients who have experienced trauma. I do recommend it for other professionals.

This is a great way to learn new interventions for individuals that have experienced trauma. As a therapist and behavioral coach this book really comes in handy.

Recommended this book from a trauma conference and feel it is a good resource overall. It is possibly more helpful for new therapists to the subject matter. I enjoyed reviewing it but I'm not sure it will be a go-to book of mine for interventions.

Wonderful resource for agencies and new clinicians!

Great book for client interventions. Well thought out and workable. Good ideas.

Helpful for families who are dealing with traumatized family members. Also therapists will find it helpful. This is a tough thing to treat.

Good resource and great tool box for clinicians. I work with combat Veterans daily, and am finding

myself looking more often at this resource.

Simple to use and the download to print is convenient. Clients have found the exercises interesting and have actually brought completed homework to sessions.

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