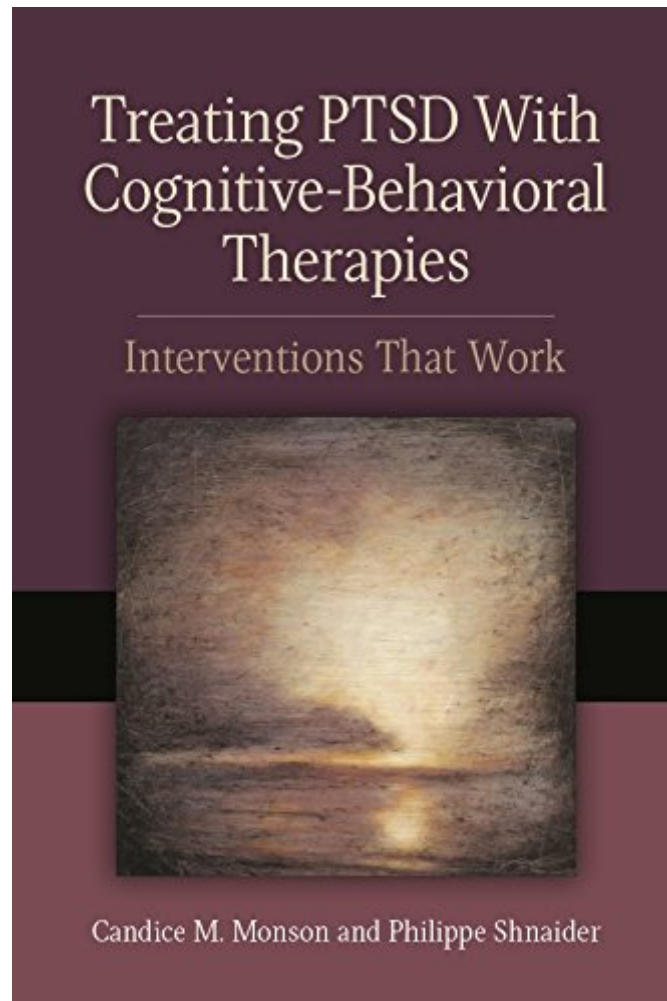# Treating PTSD With Cognitive-Behavioral Therapies: Interventions That Work

Synopsis

Research over the past three decades has confirmed that cognitive-behavioral therapies (CBTs) are among the most effective treatments for Posttraumatic Stress Disorder (PTSD). This book introduces clinicians to cognitive-behavioral techniques for PTSD and guides them in adopting treatment protocols. Because myths about CBT for PTSD have been barriers to use, the book offers a clear view of the facts about the evidence-based therapies that offer such promise in helping clients to heal from their traumas. The goal of this clinician-friendly book is clear: to make CBT available to suffering clients.

Book Information

File Size: 1997 KB

Print Length: 152 pages

Publisher: American Psychological Association (November 25, 2014)

Publication Date: November 25, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00Q5ILME4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,042,134 Paid in Kindle Store (See Top 100 Paid in Kindle Store)   #82 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Cognitive Behavioral Therapy   #140 inÂ Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy   #1280 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Counseling

Customer Reviews

The book is geared toward clinicians not lay readers. As a clinician who works in the field of trauma I found the book relevant and informative.

Needed this book for my class ~ it's concise!

My reading style is not as 'clinical' as this book is written. I am going to gift it to my therapist. If your reading style IS clinical, it is well worded. :)

A very helpful resource!

Treating PTSD With Cognitive-Behavioral Therapies: Interventions That Work Behavioral Interventions in Cognitive Behavior Therapy: Practical Guidance for Putting Theory Into Action Behavioral Interventions in Cognitive Behavior Therapy: Practical Guidance for Putting Theory Into Action, Second Edition Treating Somatization: A Cognitive-Behavioral Approach Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) Nurse's Pocket Guide: Diagnoses, Prioritized Interventions and Rationales (Nurse's Pocket Guide: Diagnoses, Interventions & Rationales) Treatment Plans and Interventions for Insomnia: A Case Formulation Approach (Treatment Plans and Interventions for Evidence-Based Psychot) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach: Workbook (Treatments That Work) When Children Refuse School: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program: Workbook (Treatments That Work) Making Cognitive-Behavioral Therapy Work, Second Edition: Clinical Process for New Practitioners Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach (Treatments That Work) Rebuilding Shattered Lives: Treating Complex PTSD and Dissociative Disorders Treating Psychological Trauma and PTSD Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based Interventions (The Context Press Mindfulness and Acceptance Practica Series) Behavioral Interventions in Schools: Evidence-Based Postive Strategies (School Psychology (APA)) Of Space and Mind: Cognitive Mappings of Contemporary Chicano/a Fiction (Cognitive Approaches to Literature and Culture) Learn: Cognitive Psychology - How to Learn, Any Skill or Subject in 21 Days! (Learn, Learning Disability, Learning Games, Learning Techniques, Learning ... Learning, Cognitive Science, Study)