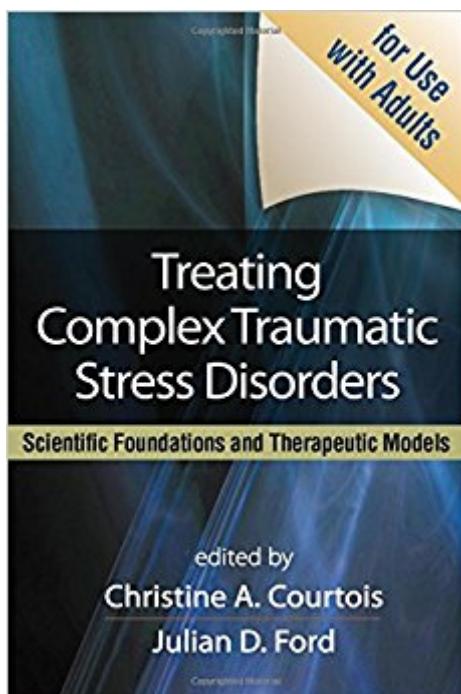


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# Treating Complex Traumatic Stress Disorders (Adults): An Evidence-Based Guide



## **Synopsis**

Combining scientific and clinical perspectives, this volume brings together leading authorities on complex traumatic stress and its treatment in adults. Contributors review the research that supports the conceptualization of complex traumatic stress as distinct from PTSD. They explore the pathways by which chronic trauma can affect psychological development, attachment security, and adult relationships. Chapters describe evidence-based assessment tools and an array of treatment models for individuals, couples, families, and groups. See also Drs. Courtois and Ford's authored book, *Treatment of Complex Trauma*, which presents their own therapeutic approach for adult clients in depth, and their edited volume *Treating Complex Traumatic Stress Disorders in Children and Adolescents*.

## **Book Information**

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## **Customer Reviews**

"Courtois and Ford present an essential, comprehensive work for clinicians and researchers. Evidence-based practice recommendations for psychotherapeutic and pharmacological treatment are presented--carefully adapted for those suffering from complex traumatic stress disorders--and a range of treatment models are clearly described. Rich clinical material, and attention to management of the therapeutic alliance, therapist self-care, and other key challenges in working with these clients, make this a most useful and innovative resource."--Josef I. Ruzek, PhD, Director, Dissemination and Training Division, National Center for PTSD "This is the single best source for clinical expertise in complex traumatic stress disorders. Leading clinicians and researchers share a

rich array of individual, couple, family, and group therapy models that illustrate basic treatment principles and best practices. Informed by recent research, the contributors cover the developmental and neurobiological background against which to frame essential assessment and treatment issues. Chapters on such pragmatic topics as vicarious traumatization and risk management offer advice on reducing stress for therapists working with these challenging cases."--Frank W. Putnam, MD, Departments of Pediatrics and Psychiatry, Cincinnati Children's Hospital Medical Center "Treatments based on a traditional conceptualization of PTSD are frequently insufficient to address the diverse, long-lasting, and pervasive effects of complex trauma. This book offers a comprehensive review of treatment considerations, assessment measures, best practices, and evidence-based treatment approaches specifically tailored for psychotherapy with people who have experienced prolonged abuse and neglect by caregivers. An indispensable guide for any mental health professional who works with trauma survivors."--Pamela C. Alexander, PhD, Senior Research Scientist, Wellesley Centers for Women "A valuable addition to the libraries of both novice and experienced clinicians who treat patients with disorders as varied as reactive attachment disorder, borderline personality disorder, depression, dissociative disorders, and post-traumatic stress disorder....An unparalleled contribution to the existing literature on assessment and intervention with survivors of complex trauma. There are few existing compilations that have collected such a wide variety of treatment approaches from such prominent authors, and it is probable that this is the most comprehensive and current review to date. While multiple evidence-based treatment strategies are given attention in this book, it is detailed enough so that the reader is able to make an informed decision about whether to pursue an approach. In addition, several chapters describe essential understanding required for working with any survivor of complex trauma regardless of the particular intervention style....One of the book's highlights is its thoughtful and comprehensive summary of assessment tools for the clinician treating survivors of complex traumatic stress....Courtois and Ford have assembled an impressive volume of empirically-informed assessment and treatment approaches that 'honor and support the resilience of trauma survivors as they carry on with their lives and enrich the lives of their families and communities.'" (Trauma Psychology Newsletter (APA Division 56) 2009-02-07)"This book is likely to appeal to clinicians who are eager to learn more about the area of complex traumatic stress and novel approaches to treating associated problems. The text is well-written and organized, making it easy to follow." (Journal of Contemporary Psychotherapy 2009-02-07)"Will surely become a classic textbook on complex traumatic stress. This book is appropriate for students, clinicians, and academics alike. Because the concept of complex trauma is still evolving, this text can educate and inform students

in training as well as seasoned clinicians....The authors of the book are leaders in the field of trauma and they artfully illustrate the nuances of the disorder as well as subsequent treatment through rich case examples....In our current mental health climate, there exists a psychiatric debate about formally establishing Complex PTSD as a disorder. In such a climate this book documents the current knowledge and evidence supporting the disorder and will surely help to shift the paradigm of how complex trauma is understood, assessed for, and ultimately healed from." (Clinical Social Work Journal 2009-02-07)"Editors Courtois and Ford unite to provide a thorough, stimulating, and current text on treating a very challenging population of individuals with complex trauma....This is an important and highly relevant book, addressing a complex problem, organizing what empirical support there is for the many approaches which are currently utilized and expanded for this population. Even if you do not work with traumatized individuals, there is much to learn from this book. It can be therapeutically profitable. Well-written, it has an impressive list of contributors, and Ford has a hand in many of the chapters. This book is highly recommended and well-worth its asking price." (Child and Family Behavior Therapy 2009-02-07)"Presents a well-researched, comprehensive source for clinical expertise in the area of complex traumatic stress disorder—specifically PTSD." (EABP Newsletter 2009-02-07)"The book has a compelling philosophical unity about it - essentially humanistic, and broadly cognitive and behavioural. Among all this solid evidence-based theory and practice, I also felt uplifted by a sense of optimism....I heartily recommend this book to any psychological therapist or medical practitioner who is called upon to help those whose life experiences have resulted in intransigent mental health issues that may thus far have been diagnosed as a developmental disorder, personality disorder (particularly borderline), or post-traumatic stress disorder." (Healthcare, Counselling, and Psychotherapy Journal 2009-02-07)"This book is welcome as it pulls together theoretical and clinical approaches to understanding and helping people with difficulties following multiple and prolonged traumatic experiences....This book addresses important issues and was stimulating both academically and clinically....The book will be useful to most therapists, but especially those who regularly work with people whose main problems are associated with abusive or neglectful experiences in early childhood." (Journal of Behavioural and Cognitive Psychotherapy 2009-02-07)"A valuable addition to understanding and treating complex traumatic stress disorders, this book will enhance the knowledge and therapeutic toolbox of any practitioner working with clients who have had complex psychological traumas....I really appreciated the insights offered by the contributors and the wealth of experience and knowledge assembled by the editors." (Addiction Today 2010-02-14)"The first comprehensive overview on assessment and treatment of complex

traumatic stress disorders. Both authors are experts in the field and have worked as clinicians with trauma survivors facing the clinical reality of complex manifestations of trauma....All the chapters are extremely well written and very informative. Each chapter makes a significant contribution to this important, fast-developing field....This important text is a clear contribution to the position that complex traumatic stress disorders can be conceptualized as a separate clinical entity....This book provides a complete overview over the current thinking regarding complex trauma disorders and should be required reading for all researchers and clinicians working with this population."

(MIWatch.org 2009-02-07)

Christine A. Courtois, PhD, ABPP, a counseling psychologist in private practice in Washington, DC, is National Clinical Training Director of Elements Behavioral Health; cofounder and past Clinical and Training Director of The CENTER: Posttraumatic Disorders Program, in Washington, DC; chair of the Guideline Development Panel for Posttraumatic Stress Disorder of the American Psychological Association (APA); past president of APA Division 56 (Trauma Psychology); and past founding Associate Editor of the Division's journal, *Psychological Trauma: Theory, Research, Practice, and Policy*. She is a recipient of the Outstanding Contributions to Professional Practice Award from APA Division 56, the APA Award for Distinguished Professional Contributions to Applied Psychology as a Professional Practice, the Lifetime Achievement Award from the International Society for the Study of Trauma and Dissociation (ISSTD), and the Sarah Haley Award for Clinical Excellence from the International Society for Traumatic Stress Studies (ISTSS), among other honors. She is coauthor (with Julian D. Ford) of *Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach*, and has also published several other books and numerous chapters and articles on trauma-related topics. Â Julian D. Ford, PhD, a clinical psychologist, is Professor of Psychiatry, Psychology, and Law at the University of Connecticut, where he is also Director of the Center for Trauma Recovery and Juvenile Justice. He has served on the Steering Committee of the National Child Traumatic Stress Network, as Associate Editor of the *Journal of Trauma and Dissociation* and the *European Journal of Psychotraumatology*, as Co-Chair of the Presidential Task Force on Child Trauma for APA Division 56, and as a board member and Vice President of ISTSS, and has published several other books on trauma-related topics. Dr. Ford developed and conducts research on the Trauma Affect Regulation: Guide for Education and Therapy (TARGET) psychosocial intervention for adolescents, adults, and families. Dr. Ford and Dr. Courtois were awarded the Print Media Award from ISSTD for this volume.

I am not a practitioner, but a well-educated, research-oriented consumer. This is a really thorough and comprehensive series of reviews of current treatment practices in the trauma field. Each chapter is a stand-alone review on a particular focus, and chapters are grouped together when they concern similar treatment modalities. It's quite a bit to wade through in a sitting, but if the reader were not interested in all types and areas of treatment, he/she could read just the chapters of interest. The summaries are generally quite good, with good background material, and lots of references for the ambitious to find more to read on the topic. I appreciated that they summarize research in the field, and acknowledge when good research studies are lacking. I'm sure a practitioner would take a great deal more out of this book, but even non-practitioners with an interest in the material will benefit from this excellent book. Overall, it is well written and interesting to read.

I bought this book for a master's level social work class. It's the first textbook I've ever read cover to cover. The first half gives in depth trauma theory, including the neurological components, multicultural treatment, and trauma theory development. This will either present you with new and necessary ideas, or a solid reminder of the foundation of trauma work. The second half consists of several chapters that outline specific types of trauma treatments, including transcripts from real therapy sessions. As a student, I appreciated reading about the variety of treatment methods that I can later pursue in post-grad training. I also think it would be good to know what other people are doing, even if I opt not to. One warning, this book is specifically catered to complex traumatic stress disorder, not PTSD. Although, it does point out the connections and similarities.

This is an excellent summary of current thinking about Complex PTSD edited by experts in the field, after they had interviewed hundreds of Complex PTSD clients and their therapists. I was sold when they started by stating that the relationship between therapist and client is more important than any technique used. Everybody who works with Complex PTSD survivors should read this book.

An excellent book on a very important and timely issue.

I haven't started this class yet, but I look forward to it with the help of this book.

The book was in perfect condition-thank you

Very helpful for class!

Very thorough on the topic, but for professionals. A little hard to read for the lay person.

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