

Cognitive processing therapy for rape victims - a treatment manual

Sage Publications - COGNITIVE PROCESSING THERAPY FOR RAPE VICTIMS A TREATMENT MANUAL INTERPERSONAL VIOLENCE THE PRACTICE SERIES



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- a treatment manual

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Cognitive Processing Therapy for Rape Victims: A Treatment Manual (Interpersonal Violence: The Practice Series): Resick, Patricia A., Schnicke, Monica K.: 9780803949027: me.stfw.info.cdn.cloudflare.net: Books

At this point, the therapist is helping the patient develop the ability to use these adaptive strategies outside of treatment to improve overall functioning and quality of life. It is rooted in years of research and clinical experience with rape victims and is richly illustrated with clinical material.

Cognitive Processing Therapy for Rape Victims

Unlike a number of manuals, it presents a well-conceived rationale and a step-by-step approach with objectively stated procedures and relevant examples.

Cognitive Processing Therapy for Rape Victims

Therapists may particularly focus on safety, trust, power, control, esteem and intimacy as these are all areas that can be affected by traumatic experiences. . Next, the patient begins more formal processing of the traumas.

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Over time it could replace the exposure therapy model as the preferred treatment. Many of the beliefs and concerns of rape victims that are covered by the authors would serve as an excellent introduction to those unfamiliar with the psychological distress observed in this group. They may develop a range of disorders, including Post-Traumatic Stress Disorder, depression, poor self-esteem, interpersonal difficulties and sexual dysfunction.

Cognitive Processing Therapy for Rape Victims: A Treatment Manual

The result of extensive research on the assessment and treatment of sexual assault survivors, this volume is an invaluable aid for practitioners wishing to implement cognitive processing therapy. The patient writes an impact statement that details current understanding of why the traumatic event occurred and the impact it has had on beliefs about self, others, and the world. This manual will be most relevant to those working with the target population, but it is likely that those who provide treatment to victims of other types of trauma will find it a useful resource.

Cognitive Processing Therapy for Rape Victims

In so doing, the patient creates a new understanding and conceptualization of the traumatic event so that it reduces its ongoing negative effects on current life. This volume provides insight into the effects of rape and explores a treatment approach that assists in the healing process.

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These disorders only add to the victim's suffering. It is organized in a straightforward and practical manner.

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