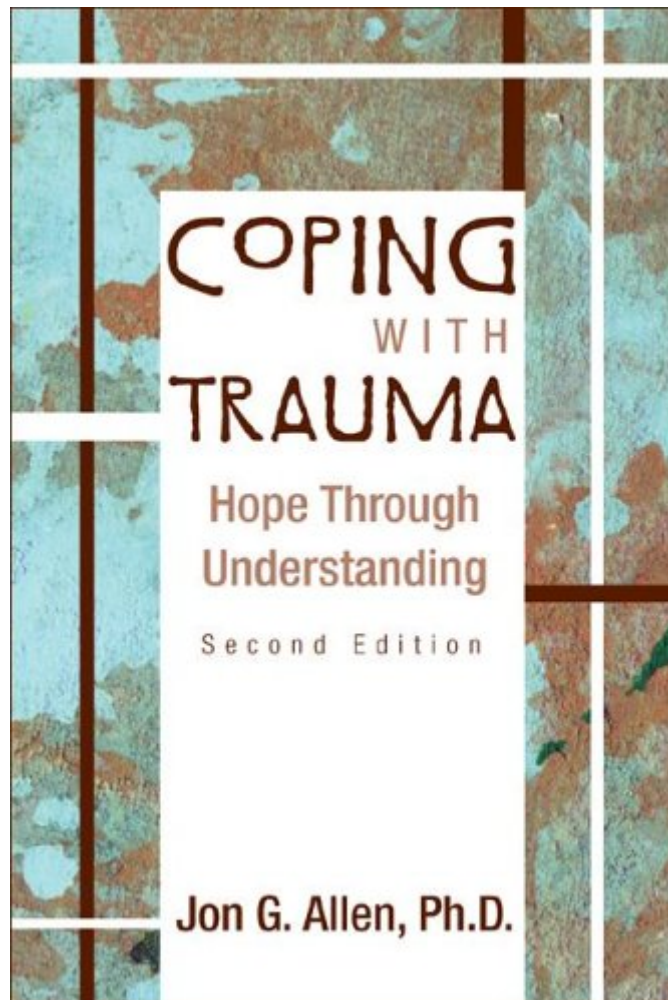


Coping with Trauma: Hope Through Understanding PDF



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Coping with Trauma: Hope Through Understanding by Jon G. Allen ISBN 1585621692
Combining years of research, teaching, and experience treating trauma survivors, Dr. Jon G. Allen offers compassionate and practical guidance to understanding trauma and its effects on the self and relationships. Coping With Trauma is based on more than a decade of Dr. Allen's experience conducting educational groups for persons struggling with psychiatric disorders stemming from trauma. Written for a general audience, this book does not require a background in psychology. Readers will gain essential knowledge to embark on the process of healing from the complex wounds of trauma, along with a guide to current treatment approaches. In this supportive and informative work, readers will be introduced to and encouraged in the process of healing by an author who is both witness and guide. This clearly written, insightful book not only teaches clinicians about trauma but also, equally important, teaches clinicians how to educate their patients

about trauma. Reshaped by recent developments in attachment theory, including the importance of cumulative stress over a lifetime, this compelling work retains the author's initial focus on attachment as he looks at trauma from two perspectives. From the psychological perspective, the author discusses the impact of trauma on emotion, memory, the self, and relationships, incorporating research from neuroscience to argue that trauma is a physical illness. From the psychiatric perspective, the author discusses various trauma-related disorders and symptoms: depression, posttraumatic stress disorder, and dissociative disorders, along with a range of self-destructive behaviors to which trauma can make a contribution. Important updates include substantive and practical information on * Emotion and emotion regulation, prompted by extensive contemporary research on emotion -- which is becoming a science unto itself.* Illness, based on current developments in the neurobiological understanding of trauma.* Depression, a pervasive trauma-related problem that poses a number of catch-22s for recovery.* Various forms of self-destructiveness -- substance abuse, eating disorders, and deliberate self-harm -- all construed as coping strategies that backfire.* Suicidal states and self-defeating aspects of personality disorders. The author addresses the challenges of healing by reviewing strategies of emotion regulation as well as a wide range of sound treatment approaches. He concludes with a new chapter on the foundation of all healing: maintaining hope. This exceptionally comprehensive overview of a wide range of traumatic experiences, written in nontechnical language with extensive references to both classic and contemporary theoretical, clinical, and research literature, offers a uniquely useful guide for victims of trauma, their family members, and mental health care professionals alike.

Coping with Trauma: Hope Through Understanding Review

This Coping with Trauma: Hope Through Understanding book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Coping with Trauma: Hope Through Understanding without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Coping with Trauma: Hope Through Understanding can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Coping with Trauma: Hope Through Understanding having great arrangement in word and layout, so you will not really feel uninterested in reading.