



The Trauma Treatment Handbook: Protocols Across the Spectrum (Norton Professional Books (Hardcover))

By Robin Shapiro

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The therapist's go-to source for treating a range of traumatized patients.

With so many trauma treatments to choose from, how can a therapist know which is best for his or her client? In a single, accessible volume, Robin Shapiro explains them all, making sense of the treatment options available, their advantages and disadvantages, and how to determine which treatments are best suited to which clients.

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The Trauma Treatment Handbook: Protocols Across the Spectrum (Norton Professional Books (Hardcover)) By Robin Shapiro Bibliography

- Sales Rank: #490660 in Books
- Published on: 2010-10-11
- Original language: English
- Number of items: 1
- Dimensions: 9.60" h x 1.10" w x 6.50" l, 1.18 pounds
- Binding: Hardcover
- 256 pages

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Editorial Review

Review

“[D]ue to the complexity of traumas the various approaches warrant significant discussion. In this volume Shapiro has done so brilliantly...[C]an be appreciated by both the experienced clinician as well as members of the general public...[I] welcome Shapiro’s book and highly recommend it to anyone concerned about helping others or themselves surmount this affliction.” (International Hypnosis Research Institute)

“What a great book. Plainly written, packed with information and resources, the author demonstrates an astonishing depth of knowledge, grasp of scores of trauma therapies, along with compassion and warm empathy for trauma survivors. All this underscored with a scientific objectivity and a lively sense of humor....This book gives the therapist – novice or experienced – a massive choice of approaches to apply to a specific traumatized client.” (Hypnosis Depot)

“[A] practical resource for those needing a comparative overview of the various trauma treatment methods available.” (The Milton H. Erickson Foundation Newsletter)

“This is a thorough, accessible, and very practical book, filled with resources and sound ideas, filtered through the intelligence and experience of a savvy, compassionate, down-to-earth, and very experienced clinician. It is like a travel guide to the land of trauma and trauma treatment: if you are new to it, it will orient you to all there is to do and see; if you’re a frequent traveler, it is a worthwhile reminder of all that is out there, above and beyond the familiar places you always visit. One couldn’t ask for a better guide. I highly recommend it.” (Diana Fosha, PhD, Director, The AEDP Institute, and co-editor, *The Healing Power of Emotion*)

“*The Trauma Treatment Handbook* is a most welcome addition to the vastly growing trauma literature. Robin Shapiro, a gifted clinician and writer, helps readers understand what it means to be traumatized, how it may affect people in various domains of their lives and what healing entails. In particular, she expertly helps those who need trauma therapy to consider which therapeutic approaches might be most suitable to their needs.” (Onno van der Hart, PhD, Honorary Professor of Psychopathology of Chronic Traumatization, Utrecht University)

About the Author

Robin Shapiro, MSW, LICSW, the editor of two EMDR Solutions books and *The Trauma Treatment Handbook*, is in private practice in Seattle. She is known for her informative, user-friendly workshops, insightful clinical consultation, and her popular blog *Trauma & Attachment Therapy*. She is proud to serve on the board of the EMDR Humanitarian Assistance Program.

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