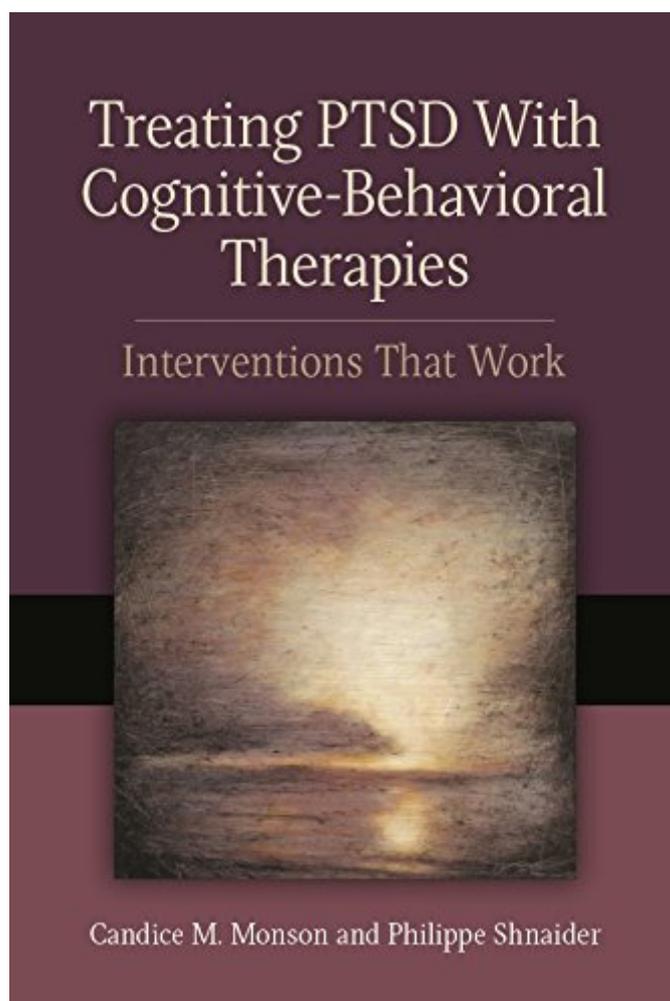


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# Treating PTSD With Cognitive-Behavioral Therapies: Interventions That Work



## 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

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## 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!

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