

General Trauma and Trauma Treatment Books for Clinicians

Dolan, YM (1991). *Resolving sexual abuse: Solution-focused therapy and Ericksonian hypnosis for adult survivors*. New York. Norton Press. (This book includes some extremely useful tools for managing flashbacks).

Foa, EB, Keane, TM, & Friedman, MJ (2000). *Effective treatments for PTSD*. New York. Guilford Press. (A comprehensive review of the research on treating PTSD, with treatments ranked according to proven effectiveness).

Herman, JA (1982); *Trauma and recovery*. New York. Basic Books. (A classic overview of trauma and the staged model of treatment).

Rothschild, B (2000). *The Body remembers: The Psychophysiology of trauma and trauma treatment*. New York. Norton Press. (Understandable for those who do not have extensive knowledge of physiology and brain chemistry).

Specific Treatments and Manuals

Foa, EB & Rothbaum, BO (1998). *Treating the trauma of rape: Cognitive-behavioral therapy for PTSD*. New York. Guilford Press. (This book includes a step-by-step description of exposure therapy, including recommended handouts).

Harris, M. & The Community Connections Trauma Work Group (1998). *Trauma recovery and empowerment: A Clinician's guide for working with women in groups*. New York. The Free Press. (Includes addictions in the treatment of PTSD).

Linehan, MM (1993). *Skills training manual for treating Borderline Personality Disorder*. New York. Guilford Press. (Useful to consider in working with complex PTSD).

Najavits, LM (2002). *Seeking safety: A Treatment manual for PTSD and substance abuse*. New York. Guilford Press.

Books to Help Clients Understand and Manage PTSD and Related Symptoms

Davis, M, Eshelman, ER, & McKay, M. (2000). *The Relaxation and stress reduction workbook*. Fifth edition. New York. New Harbinger Publications. (A classic collection of skills that can help clients cope with hyperarousal symptoms).

Ledray, LE (1994). *Recovering from rape*. New York. Henry Holt and Company, LLC. (This book has practical advice including a section in each chapter addressed to family and friends who want to know how to help).

Matsakis, A. (1998). *Trust after trauma: A Guide to relationships for survivors and those who love them*. Oakland, CA. New Harbinger Publications.

Matsakis, A. (1996). *I can't get over it: A Handbook for trauma survivors*. Oakland, CA. New Harbinger Publications.

Williams, MB, Poilula, S. (2002). *The PTSD workbook: Simple, effective techniques for overcoming traumatic stress symptoms*. Oakland, CA. New Harbinger Publications. (The most comprehensive workbook we've seen on working with PTSD. Material can be easily adapted to skills-based PTSD groups or used individually by selecting topics relevant to the individual).