General Trauma and Trauma Treatment Books for Clinicians


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


Specific Treatments and Manuals


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Women’s Stress Disorders Treatment Program (WSDTP)
William S. Middleton VA Medical Center, Madison, WI
http://www.visn12.med.va.gov/wsdtp
Books to Help Clients Understand and Manage PTSD and Related Symptoms


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).