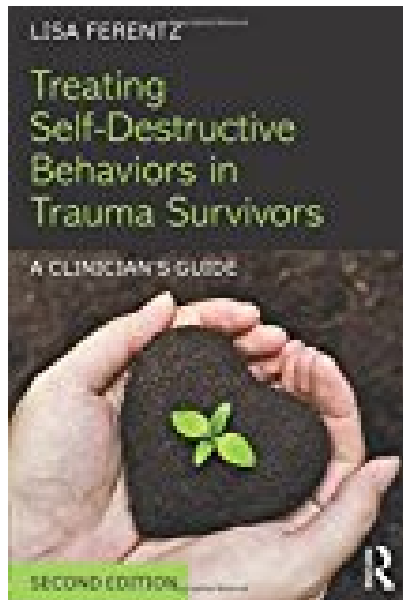


Treating Self-Destructive Behaviors in Trauma Survivors A Clinician's Guide



BOOK DETAILS

- Author : Lisa Ferentz
- Pages : 276 Pages
- Publisher : Routledge
- Language : English
- ISBN : 1138800759

[↓ DOWNLOAD](#)

BOOK SYNOPSIS

Treating Self-Destructive Behaviors in Trauma Survivors, 2nd ed, is a book for clinicians who specialize in helping trauma survivors and, during the course of treatment, find themselves unexpectedly confronted with client disclosures of self-destructive behaviors, including self-mutilation and other manifestations of deliberately "hurting the body" such as bingeing, purging, starving, substance abuse and other addictive behaviors. Arguing that standard safety contracts are not effective, renowned clinician Lisa Ferentz introduces viable treatment alternatives, assessment tools, and new ways of understanding self-destructive behavior using a strengths-based approach that distinguishes between the "experimental" non-suicidal self-injury (NSSI) that some teenagers occasionally engage in and the self-destructive behaviors that are repetitive and chronic. In the new edition, many of the treatment strategies are cross referenced to a useful workbook, giving therapists and clients concrete ways to integrate theory into practice. In addition, Ferentz emphasizes the importance of assessing for and strengthening clients self-compassion, and explains how nurturing this idea cognitively, emotionally, and somatically can become the catalyst for motivation and change. The book also explores a cycle of behavior that clinicians can personalize and use as a template for treatment. In its final sections, the book focuses on counter-transferential responses and the different ways in which therapists can work with self-destructive behaviors and avoid vicarious traumatization by adopting tools and strategies for self-care. Treating Self-Destructive Behaviors in Trauma Survivors, 2nd ed, can be used on its own or in conjunction with the accompanying client-focused workbook, Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing.

TREATING SELF-DESTRUCTIVE BEHAVIORS IN TRAUMA SURVIVORS A CLINICIAN'S GUIDE

- Are you looking for Ebook Treating Self-Destructive Behaviors In Trauma Survivors A Clinician's Guide? You will be glad to know that right now Treating Self-Destructive Behaviors In Trauma Survivors A Clinician's Guide is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Treating Self-Destructive Behaviors In Trauma Survivors A Clinician's Guide may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Treating Self-Destructive Behaviors In Trauma Survivors A Clinician's Guide and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Treating Self-Destructive Behaviors In Trauma Survivors A Clinician's Guide. To get started finding Treating Self-Destructive Behaviors In Trauma Survivors A Clinician's Guide, you are right to find our website which has a comprehensive collection of manuals listed.