



Women, Abuse and Trauma Therapy: An Information Guide

By Lori Haskell

Centre for Addiction and Mental Health, Canada, 2006. Paperback. Book Condition: New. New.. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.For many women, choosing to go into therapy to deal with a past traumatic event is a huge step. It takes a lot of time, money and emotional energy. Women, Abuse and Trauma Therapy is for women who are in therapy to deal with the long-term effects of abuse and violence, or who are looking for a therapist. This straightforward and sensitive guide: helps women understand abuse-related trauma and post-traumatic stress explains the trauma therapy model, the three stages of treatment, and different treatment approaches gives guidance on choosing the right therapist and developing a collaborative alliance with him or her that is healthy and safe describes how family and friends can help gives information on relevant books, resources and available services helps women feel more confident about seeking help and more in control of their healing process.



Reviews

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