



CBT for Common Trauma Responses

Michael J Scott

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This is the first book to show how to use cognitive behavioural therapy (CBT) with the full spectrum of post-traumatic responses; exploring how they affect and relate to one another. Focusing not only on co-morbidity with other anxiety disorders and depression, the book looks more widely at, for example, co-existing pain, substance abuse and head injury.

After discussing how to tailor CBT practice to work most effectively with trauma responses in real-world settings, Michael J Scott goes on to explore the step-by-step treatment of post-traumatic stress disorder, other commonly occurring disorders and, finally, secondary traumatisation. Those training to work with young people, or already doing so, will find the focus in Part Three on CBT with traumatized children invaluable.

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