



Brief Treatments for the Traumatized: A Project of the Green Cross Foundation (Contributions in Psychology,)

Charles R. Figley

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Trauma is now being recognized as a major mental health challenge, with clients from children to the elderly presenting symptoms of Post-Traumatic Stress Disorder, often with no awareness of the cause. Yet managed care and the growing incidence of trauma patients, presenting increased demands on existing professionals requires brief treatments whenever possible. This book explains how to apply brief, existing, generic treatments to help manage the traumatized and diminish or eliminate their traumatic symptoms.

These recommended brief treatments are guided by sound assessment methods that can be verified empirically. The treatment chapters provide detailed information for the practitioner, including ways to incorporate the treatment approach into an overall plan. The volume will be helpful to practitioners who work exclusively with traumatized clients, as well as those who are only occasionally presented with such cases.

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