



Counselling Skills for Working with Trauma: Healing From Child Sexual Abuse, Sexual Violence and Domestic Abuse (Essential Skills for Counselling)

By Christiane Sanderson

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Counselling Skills for Working with Trauma is a practical, introductory guide to counselling survivors of child abuse, neglect, rape, sexual violence, sexual trafficking, religious sexual abuse, and domestic abuse.

Written in an accessible style, it provides a comprehensive introduction to complex trauma accompanied by advice on how to create a safe environment in which survivors can learn the skills to restore control over trauma symptoms, to aid healing and post traumatic growth. The book covers all of the key principles including: understanding the role of dissociation in complex trauma; the role of attachment; managing flashbacks, panic attacks, nightmares and dissociation; responding to shame and guilt; managing relationships; and the impact of working with complex trauma. It explores how practitioners can work more effectively with trauma, and offers techniques and skills which can easily be integrated into different therapeutic models.

Featuring highlighted top tips, common pitfalls and a range of exercises, this is an essential guide for all professionals working with child and adult survivors of trauma.

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Counselling Skills for Working with Trauma: Healing From Child Sexual Abuse, Sexual Violence and Domestic Abuse (Essential Skills for Counselling) By Christiane Sanderson Bibliography

- Sales Rank: #317820 in Books
- Published on: 2013-09-21
- Released on: 2013-10-21
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .74" w x 5.98" l, 1.20 pounds
- Binding: Paperback
- 328 pages

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