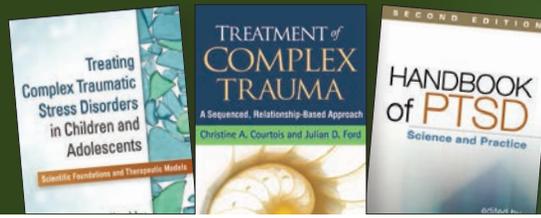


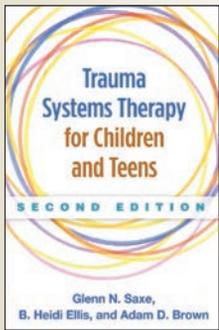
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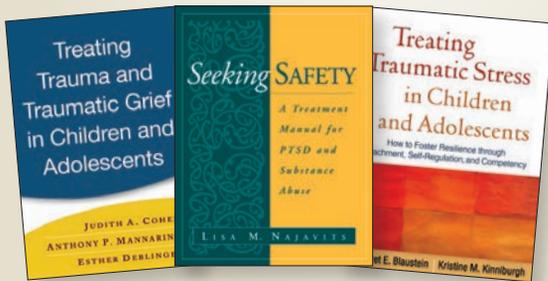
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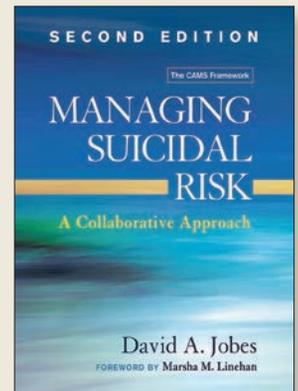
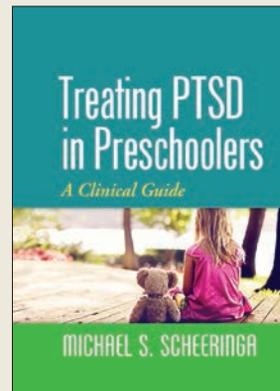
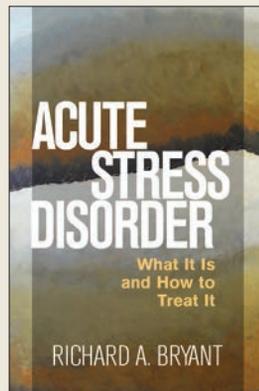
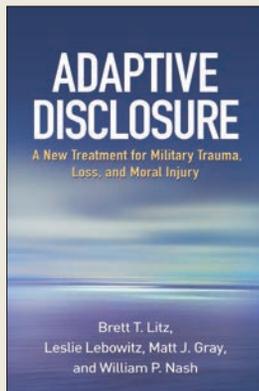
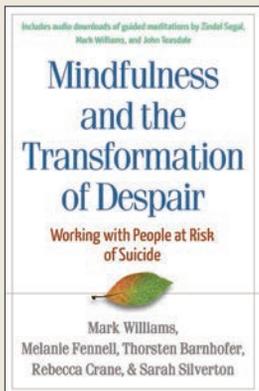


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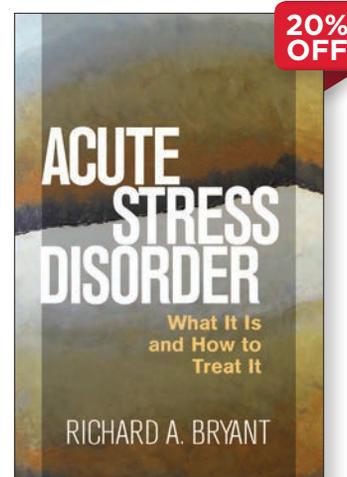
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14. Acute Stress Disorder in Children
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ABOUT THE AUTHOR

Richard A. Bryant, PhD, FAPS, is Scientia Professor in the School of Psychology at the University of New South Wales, Sydney, Australia, and Director of the Traumatic Stress Clinic. He has won numerous research awards, including the Robert S. Lauder, PhD, Memorial Award from the International Society for Traumatic Stress Studies. Dr. Bryant has served on both the DSM-5 and ICD-11 work groups that have written traumatic stress diagnostic guidelines.

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APPENDIX 1. Acute Stress Disorder Structured Interview-5

The Acute Stress Disorder Structured Interview-5 provides a structured clinical interview of the symptoms required to make a DSM-5 diagnosis of ASD. It can be administered by clinicians with knowledge of posttraumatic stress responses. To make a diagnosis of ASD according to DSM-5, the person needs to satisfy each of Criteria A-E. Criterion B requires endorsement of at least nine symptoms.

Name: _____ DOB: _____ Sex: M F
 Interviewer: _____ Referral Source: _____
 Date of trauma: _____ Date of assessment: _____
 Description of trauma: _____

CRITERION A. NO YES

APPENDIX 6. In Vivo Exposure Form

In vivo exposure exercise, complete this form. Indicate when you completed the exercise, rate your SUDS at the time, and write down what you expected to happen and whether it happened.

Date: _____
 Experience: _____

Expected SUDS: _____/100

Initial SUDS: _____/100

Open in the situation?

Appendix 2

Date: _____
 Experience: _____

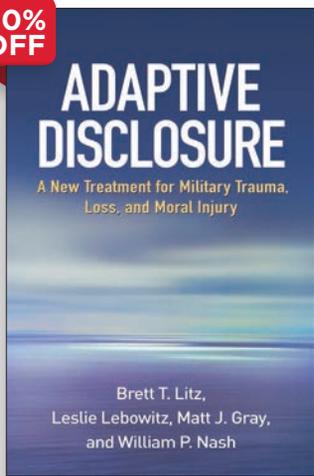
How have you felt since the event. Circle the number that best describes how you have felt.

	Not at all	Mildly	Medium	Quite a bit	Very much
1	2	3	4	5	
?					
it	1	2	3	4	5
1	-	-	-	-	-

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William P. Nash, MD, is Director of Psychological Health for the U.S. Marine Corps. While on active duty, Dr. Nash was deployed to Iraq with Marines of the 1st Marine

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—Terence M. Keane, PhD

"This unique book offers detailed language with which to introduce and explain the many difficult clinical issues related to moral injury and loss, systematizes some of the secrets used by expert clinicians, and provides valuable education about military culture."

—Josef I. Ruzek, PhD

CONTENTS

1. Introduction
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 3. Military Culture and Warrior Ethos
 4. Guiding Principles of Adaptive Disclosure
 5. Assessment, Case Conceptualization, and Treatment Planning
 6. Beginning Adaptive Disclosure: Session 1
 7. The Exposure Component: Active Treatment Sessions 2 to 7
 8. Breakout Components for Loss and Moral Injury: Active Treatment Sessions 2 to 7
 9. Ending Treatment and Planning for the Future
 10. Using Adaptive Disclosure when Prior Complex Trauma is Present
- Appendices** • 1. Diversity of Military Missions, Organizations, and Relationships • 2. The Meaning and Implication of Key Events • 3. Calming and Attention Focusing Techniques

APPENDIX 3

Calming and Attention Focusing Techniques

In this appendix, we provide instructions for deep grounding strategies that clinicians can use to help patients and themselves manage intense distress and loss of control, with a focus on the deep breathing content that can be fashioned directly into grounding instructions are written for clinicians to address control and severe dissociation.

DEEP, SLOW, DIAPHRAGMATIC BREATHING

APPENDIX 2

The Meaning and Implication of Key Events Form

Please take a few moments to get into the right frame of mind to do this exercise. Find a private quiet place and take some deep slow breaths. Try to free yourself from the day's demands and pressures. Give yourself at least 30 undisturbed minutes for this task.

Once you are in the right place, take just a few minutes and focus your thoughts on the military experience that has affected you the most; the event that is most currently distressing and haunting. Do not focus on



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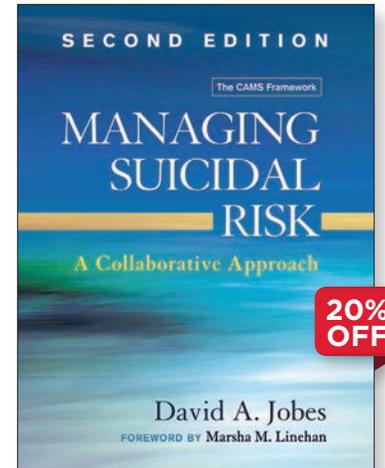
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5. CAMS Treatment Planning: Coauthoring a Suicide-Specific Treatment Plan
6. CAMS Interim Sessions: Tracking Suicide Risk Assessments and Treatment Plan Updates
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8. CAMS as a Means of Decreasing Malpractice Liability

9. CAMS Adaptations and Future Developments

Epilogue
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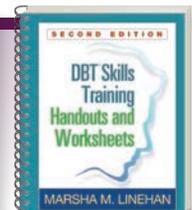
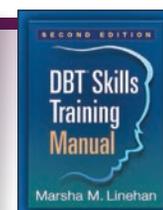
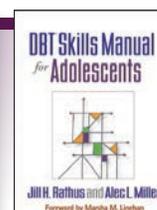
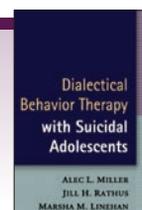
ABOUT THE AUTHOR

David A. Jobes, PhD, ABPP, is Professor of Psychology and Associate Director of Clinical Training at The Catholic University of

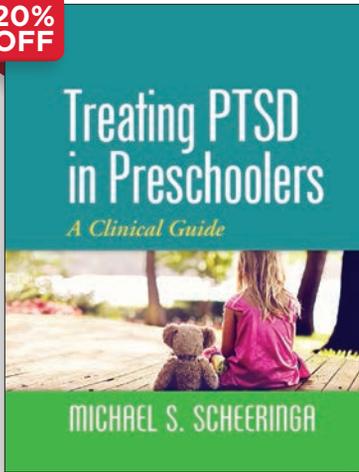
America. He is also Adjunct Professor of Psychiatry in the School of Medicine at the Uniformed Services University of the Health Sciences. Dr. Jobes has served as a consultant to the Department of Defense, Veterans Affairs, the Centers for Disease Control and Prevention, and the Institute of Medicine of the National Academy of Sciences. He maintains a private clinical and forensic practice in Washington, DC.

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Michael S. Scheeringa, MD, MPH, holds the Venancio Antonio Wander Garcia IV, MD, Chair of Psychiatry and is Vice Chair of

Research and Professor of Psychiatry and Behavioral Sciences at the Tulane University School of Medicine. His research focuses on PTSD in youth, including preschool children. He developed and tested a cognitive-behavioral therapy manual on preschool PTSD treatment, which was the basis for this book.

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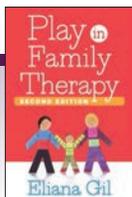
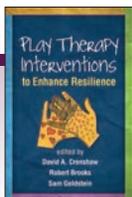
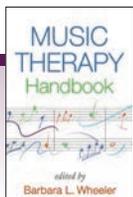
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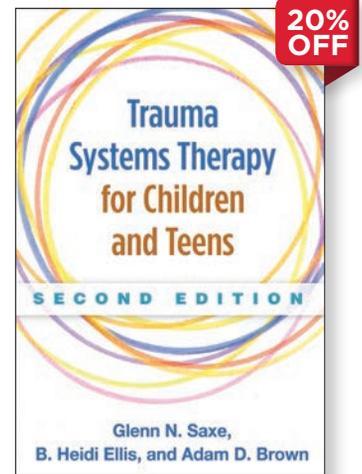
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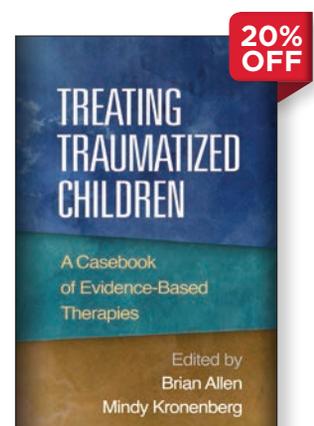
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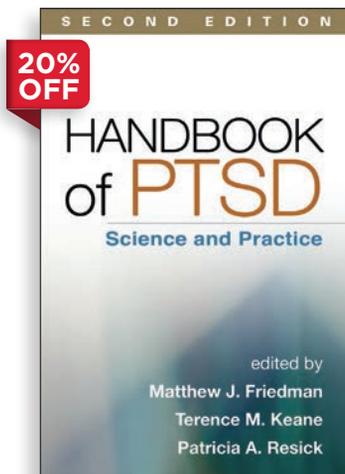
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Edited by **Matthew J. Friedman, MD, PhD, Terence M. Keane, PhD,**
 and **Patricia A. Resick, PhD**

Widely regarded as the definitive reference, this handbook brings together foremost authorities on PTSD. Diagnostic, conceptual, and treatment issues are reviewed in depth. The volume examines the causes and mechanisms of PTSD on multiple levels, from psychological processes to genes and neurobiology. Risk and resilience processes are addressed across development and in specific populations. Contributors describe evidence-based assessment and treatment approaches as well as promising emerging interventions. The integrative concluding chapter identifies key unanswered questions with important implications for science and practice. The second edition reflects major research advances and the new diagnostic criteria in DSM-5, and includes many new authors and extensively revised chapters.

CRITICAL ACCLAIM

“The editors have assembled voices from psychology and psychiatry, research, and clinical practice. Superb editing ensures that the writing is nearly seamless, sounding as though it were written by a single author rather than by many expert contributors.” —*Journal of Trauma and Dissociation*

“This is an extraordinary volume filled with nuanced and thoughtful discussions of recent advances in every facet of research on PTSD. The contributors are a veritable who’s who of leaders in basic and translational PTSD research.” —**Ronald C. Kessler, PhD**

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New

Mindfulness and the Transformation of Despair

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Melanie Fennell, PhD, University of Oxford, UK
Thorsten Barnhofer, PhD, Free University of Berlin, Germany
Rebecca Crane, PhD, Bangor University, UK
Sarah Silverton, MEd, Bangor University, UK

“Teachers of mindfulness-based interventions, both those who are interested in using mindfulness-based cognitive therapy (MBCT) with individuals at risk for suicidal thinking and behavior and those who are less inclined to work with such individuals, will benefit from reading this engaging, informative, and accessible book.”
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Mindfulness-Oriented Interventions for Trauma

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Edited by **Victoria M. Follette, PhD**, University of Nevada, Reno
John Briere, PhD, University of Southern California
Deborah Rozelle, PsyD, private practice, Lexington, MA
James W. Hopper, PhD, Harvard University
David I. Rome, Founder, Mindful Focusing, Louisville, CO

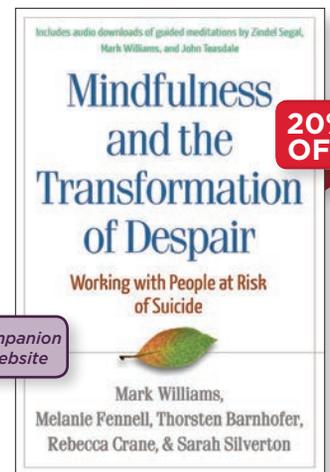
“Provides a wealth of resources. This book shares the broad scope of mindfulness-based interventions for trauma. Follette et al. bring many wise voices into one room for an important learning conversation.”

—**Sharon Salzberg**

“This comprehensive book holds promise both for improving our understanding of the processes of change and for stimulating innovations in treatment.”

—**Josef I. Ruzek, PhD**

Grounded in research and accumulated clinical wisdom, this book describes a range of ways to integrate mindfulness and other contemplative practices into clinical work with trauma survivors. The volume showcases treatment approaches that can be tailored to this population’s needs, such as mindfulness-based stress reduction (MBSR), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindful self-compassion (MSC), among others. Featuring vivid case material, the book explores which elements of contemplative traditions support recovery and how to apply them safely. Neurobiological foundations of mindfulness-oriented work are examined. Treatment applications are illustrated for specific trauma populations, such as clients with chronic pain, military veterans, and children and adolescents.

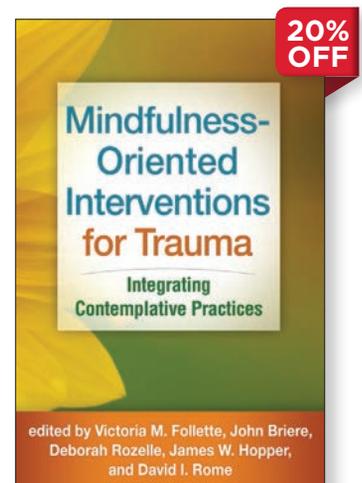


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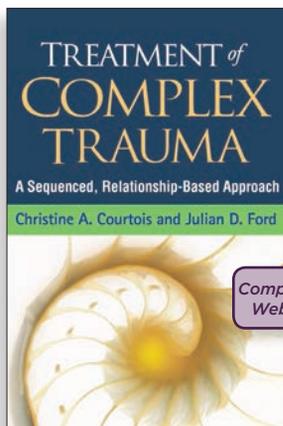
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Treatment of Complex Trauma
A Sequenced, Relationship-Based Approach

Christine A. Courtois, PhD, ABPP and Julian D. Ford, PhD

Foreword by John Briere, PhD

“This thoughtful, extensively documented work is a real treasure. The book has already had a profound effect on the field, and has introduced many previously unaware clinicians to foundational concepts.”

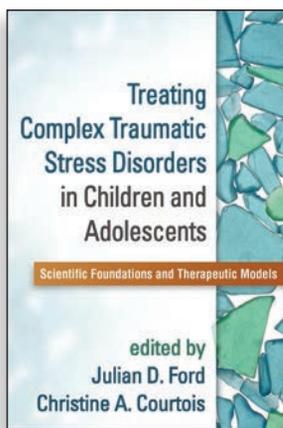
—Laura S. Brown, PhD

This insightful guide provides a pragmatic roadmap for treating adult survivors of complex psychological trauma. Christine Courtois and Julian Ford present their effective, research-based approach for helping clients move through three clearly defined phases of posttraumatic recovery. A new preface in the paperback and e-book editions addresses key scientific advances.

■ Winner (Second Place)—*American Journal of Nursing* Book of the Year Award, Psychiatric and Mental Health Nursing Category

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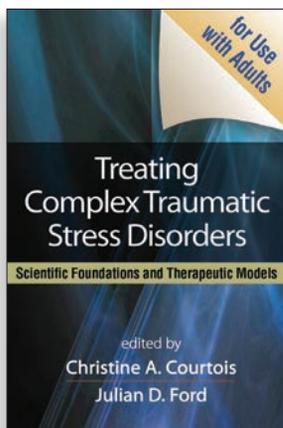
Edited by Julian D. Ford, PhD and Christine A. Courtois, PhD, ABPP

“Written with clarity and detail, each chapter will benefit both trainees and seasoned mental health and medical practitioners. This book fosters needed synergy between scientific inquiry and real-world clinical applications in this important field.”

—Alesia O. Hawkins, PhD

With contributions from prominent experts, this pragmatic book takes a close look at the nature of complex psychological trauma in children and adolescents and the clinical challenges it presents. Each chapter shows how a complex trauma perspective can provide an invaluable unifying framework for case conceptualization, assessment, and intervention amidst the chaos and turmoil of these young patients’ lives.

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Treating Complex Traumatic Stress Disorders (Adults)
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Edited by Christine A. Courtois, PhD, ABPP, private practice, Washington, DC
 Julian D. Ford, PhD, University of Connecticut Health Center, Farmington

Foreword by Judith Lewis Herman, MD

Afterword by Bessel A. van der Kolk, MD

“While multiple evidence-based treatment strategies are given attention in this book, it is detailed enough so that the reader is able to make an informed decision about whether to pursue an approach.... One of the book’s highlights is its thoughtful and comprehensive summary of assessment tools.”

—*Trauma Psychology Newsletter (APA Division 56)*

Combining scientific and clinical perspectives, contributors explore the pathways by which chronic trauma can affect psychological development, attachment security, and adult relationships. Chapters describe evidence-based assessment tools and an array of treatment models for individuals, couples, families, and groups.

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PREVIEW

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Treating Traumatic Bereavement

A Practitioner's Guide

Laurie Anne Pearlman, PhD, private practice, Holyoke, MA
Camille B. Wortman, PhD, Stony Brook University
Catherine A. Feuer, PhD, private practice, St. Louis, MO
Christine H. Farber, PhD, private practice, Glastonbury, CT
Therese A. Rando, The Institute for the Study and Treatment of Loss, Warwick, RI

“Each chapter begins with a clinical vignette illustrating the challenges of developing an appropriate treatment approach. These were helpful in setting up the chapter’s focus and I think they would be especially valuable to beginning trauma therapists.” —*Trauma Psychology, APA Division 56*

“Once every decade a clinical handbook is published that singlehandedly promises to revolutionize the field of grief therapy. With its laser-like focus on the pervasive problem of sudden, violent, and inherently tragic death, this is that book for the current decade.” —**Robert A. Neimeyer, PhD**

This book presents an integrated treatment approach for those struggling to adapt after the sudden, traumatic death of a loved one. The authors weave together evidence-based clinical strategies grounded in cutting-edge knowledge about both trauma and grief. The book offers a clear framework and many practical tools for building survivors’ psychological and interpersonal resources, processing their trauma, and facilitating mourning. **In a large-size format with lay-flat binding for easy photocopying, the book includes over 30 reproducible handouts. Purchasers can access a companion website to download and print these materials as well as supplemental handouts and a sample 25-session treatment plan.**

■ Winner (Second Place)—*American Journal of Nursing Book of the Year Award*, Psychiatric and Mental Health Nursing Category

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Treating Traumatic Stress in Children and Adolescents

How to Foster Resilience through Attachment, Self-Regulation, and Competency

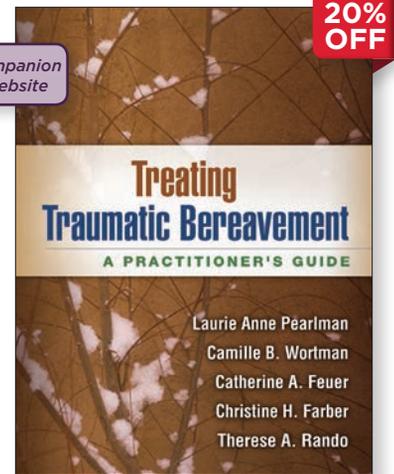
Margaret E. Blaustein, PhD
Kristine M. Kinniburgh, LICSW

—both at The Trauma Center at Justice Resource Institute, Brookline, MA

“A comprehensive guide....Blaustein and Kinniburgh’s highly practical methods for promoting self-regulation, safety, and competency make this book a landmark for understanding and treating traumatized children.” —**Bessel A. van der Kolk, MD**

“Written by gifted clinicians, this book presents one of the most helpful therapeutic approaches for complex childhood trauma. It describes the developmental consequences of trauma and provides specific techniques for resolving them. The book is filled with examples, exercises, handouts, worksheets, and therapeutic tools that allow the clinician to directly intervene in the child or adolescent’s relational schemas, self-regulation difficulties, and subsequent dysfunctional behaviors. Highly recommended!” —**John Briere, PhD**

Grounded in theory and research on complex childhood trauma, this book provides an accessible, flexible, and comprehensive framework for intervention with children and adolescents and their caregivers. It is packed with practical clinical tools that are applicable in a range of settings, from outpatient treatment centers to residential programs. Rather than presenting a one-size-fits-all treatment model, the authors show how to plan and organize individualized interventions that promote resilience, strengthen child-caregiver relationships, and restore developmental competencies derailed by chronic, multiple stressors. **More than 45 reproducible handouts, worksheets, and forms are featured; the large-size format and lay-flat binding facilitate photocopying.**



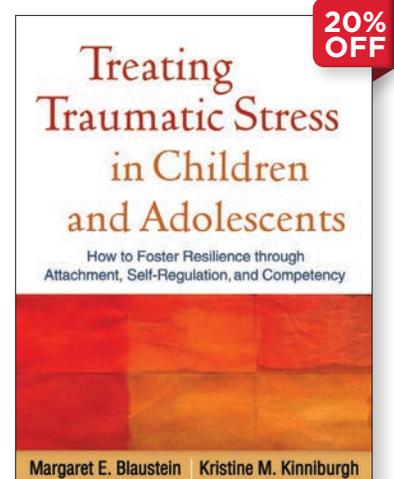
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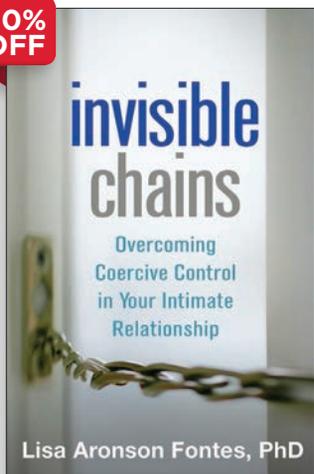
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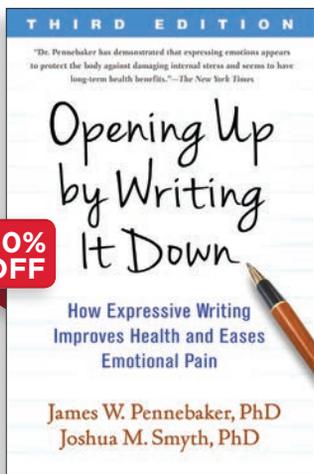
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“The first comprehensive guide to overcoming coercive control. Fontes maps the tactics used by perpetrators of this type of abuse and provides readers with simple tools to assess the status of their own relationships. She offers practical steps to getting free, illustrated with real-life stories... This is a pathbreaking work for victims of coercive control relationships. Professionals will want to give this book to clients and read it for themselves.”
—**Evan Stark, PhD, MSW**

Lisa Aronson Fontes draws on both professional expertise and personal experience to provide practical guidance and support for readers who find themselves dominated by a spouse or partner. This book is an invaluable client recommendation and also provides useful insights and resources for clinicians. Fontes offers vivid examples of relationships marked by jealousy, threats, micromanaging, and sometimes physical violence. She explains how to recognize coercive control, why it occurs, and how to repair or end a relationship that has become toxic. Readers get vital tools for determining if they are in danger and if their partner can change—and for getting their freedom back. Special topics include coercive control in LGBT relationships and among teens.

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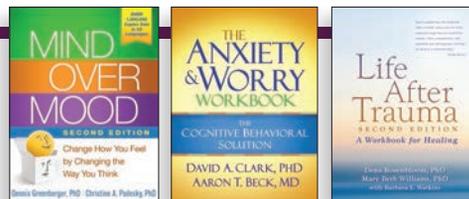
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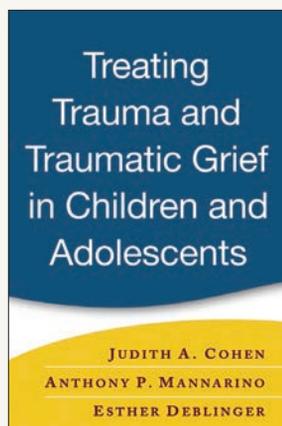
Distinguished psychologist James W. Pennebaker has spent decades studying what happens when people take just a few minutes to write about deeply felt emotions or personal experiences. Ideal for client recommendation, this lucid, compassionate book has introduced tens of thousands of readers to an easy-to-use self-help technique with documented benefits for a variety of physical and mental health conditions. The authors describe how expressive writing can promote recovery from trauma, decrease stress, boost the immune system, and improve relationships. Updated with findings from hundreds of new studies, the significantly revised third edition features in-depth information on specific health benefits, as well as when the approach may *not* be helpful.

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Esther Deblinger, PhD

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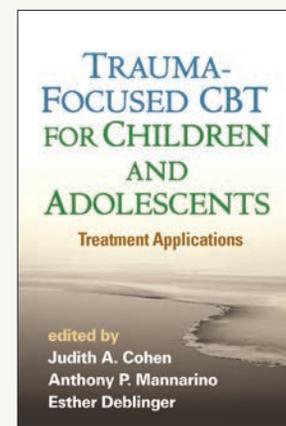
Eminent clinician-scholars in the trauma field have provided a highly effective, evidence-based package, honed by feedback from community-based practitioners. This is a ‘must-have’ tool for every clinician’s toolkit!”

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An essential practitioner resource, this is the authoritative guide to TF-CBT. Each of the trauma-focused and grief-focused components of the treatment is described in detail, including sample scripts, case examples, and troubleshooting tips. The authors provide a comprehensive framework for assessing traumatized children and implementing an individualized treatment plan.

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and Adolescents***Treatment Applications*Edited by **Judith A. Cohen, MD**
and **Anthony P. Mannarino, PhD**—both at the Center for
Traumatic Stress in Children
and Adolescents, Allegheny
General Hospital**Esther Deblinger, PhD,**
School of Osteopathic Medicine,
University of Medicine and
Dentistry of New Jersey

“Provides extensive, clinically grounded illustrations of how trauma-focused cognitive-behavioral therapy (TF-CBT) can be flexibly used to address trauma impact for children in varied and complex circumstances. Therapists will find critical information for enhancing therapy effectiveness in diverse populations, from foster children to military families.”

—Lucy Berliner, MSW

This is an ideal complement to Cohen et al.’s authoritative *Treating Trauma and Traumatic Grief in Children and Adolescents* (left), which shows clinicians how to do TF-CBT. This volume—featuring a wealth of clinical examples—describes promising applications of TF-CBT in diverse contexts and with specific populations.

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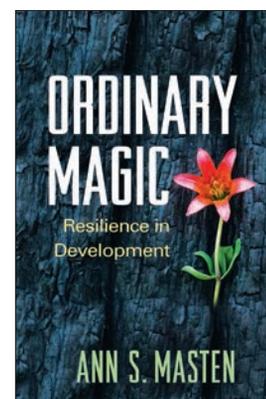
Authored by Drs. Cohen, Mannarino, and Deblinger, *Treating Trauma and Traumatic Grief in Children and Adolescents* is the definitive TF-CBT manual. Their edited volume, *Trauma-Focused CBT for Children and Adolescents: Treatment Applications*, presents ways to tailor the approach for specific populations and settings. **Order both titles—a \$91 value for \$65!**

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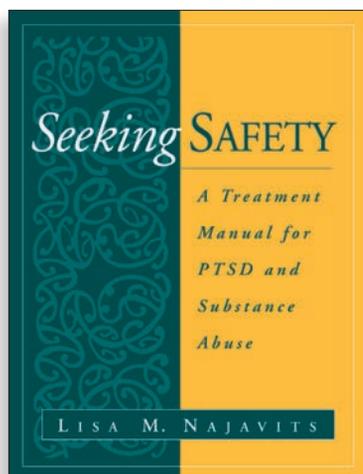
—Alicia F. Lieberman, PhD

From a pioneering researcher, this book explores what allows certain individuals to thrive and adapt despite adverse circumstances, such as poverty, chronic family problems, or exposure to trauma. Coverage encompasses the neurobiology of resilience as well as the role of major contexts of development: families, schools, and culture.

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—**Marsha M. Linehan, PhD**

This manual presents the first empirically studied, integrative treatment approach developed specifically for PTSD and substance abuse. For persons with this prevalent and difficult-to-treat dual diagnosis, the most urgent clinical need is to establish safety—to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-harm. The manual is divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach “safe coping skills” that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Structured yet flexible, topics can be conducted in any order and in a range of different formats and settings. The volume is designed for maximum ease of use with a large format, lay-flat binding, and helpful reproducible therapist sheets and handouts.

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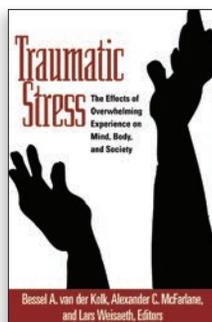
The Effects of Overwhelming Experience on Mind, Body, and Society

Edited by **Bessel A. van der Kolk, MD**,
Harvard Medical School

Alexander C. McFarlane, MD,
University of Adelaide, Australia

Lars Weisaeth, MD, PhD,
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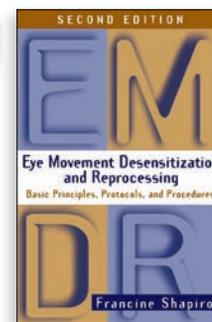
This classic presents seminal theory and research on PTSD. Together, the leading editors and contributors comprehensively examine how trauma affects an individual’s biology, conceptions of the world, and psychological functioning. Key topics include why certain people cope successfully with traumatic experiences while others do not, the neurobiological processes underlying PTSD symptomatology, enduring questions surrounding traumatic memories and dissociation, and the core components of effective interventions.

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Joel Fay, PsyD, ABPP, private practice, San Rafael, CA
 Foreword by **Ellen Scrivner, PhD**

“The book is complete with insights into law enforcement culture and vignettes that illustrate the problems faced by both cops and those who choose to treat them....With this fine manual on the shelf, a professional would be much better prepared for any eventuality, such as an armed and agitated officer in one’s office seeking help whether he or she knows it or not.” —*PsycCRITIQUES*

Grounded in clinical research, extensive experience, and deep familiarity with police culture, this book offers highly practical guidance for psychotherapists and counselors. The authors vividly depict the pressures and challenges of police work and explain the impact that line-of-duty issues can have on officers and their loved ones. Numerous concrete examples and tips show how to build rapport with cops, use a range of effective intervention strategies, and avoid common missteps and misconceptions. Approaches to working with frequently encountered clinical problems—such as substance abuse, depression, trauma, and marital conflict—are discussed in detail. A new preface in the paperback and e-book editions highlights the book’s relevance in the context of current events and concerns about police–community relations.

See also Dr. Kirschman’s related self-help guide *I Love a Cop, Revised Edition: What Police Families Need to Know*, an ideal recommendation for clients and their family members:
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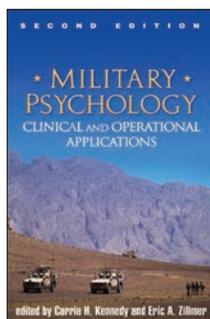
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Eric A. Zillmer, PsyD, Drexel University
 Foreword by **Thomas C. Lynch**

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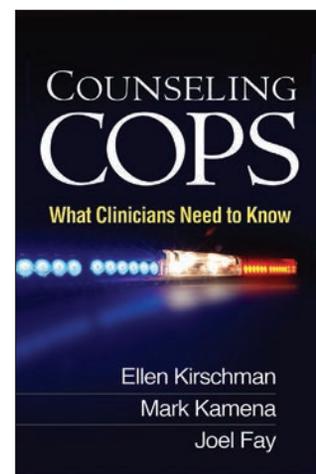
Treating PTSD in Military Personnel**A Clinical Handbook**

Edited by **Bret A. Moore, PsyD, ABPP**, Military Psychology Consulting, San Antonio, TX
Walter E. Penk, PhD, ABPP, Texas A&M College of Medicine
 Foreword by **Matthew J. Friedman, MD, PhD**

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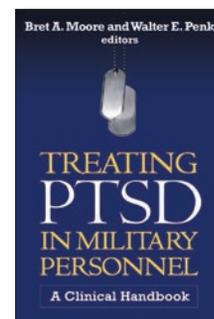
This practical volume covers the full range of effective treatments for PTSD and discusses their implementation with service members and veterans. The focus is on how to meet this population’s unique needs. From conducting a thorough assessment to choosing an appropriate psychosocial or pharmacological treatment, the expert editors and contributors provide guidance based on years of experience in military contexts.



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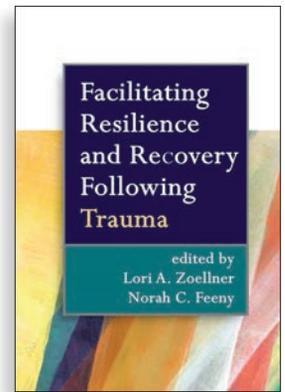
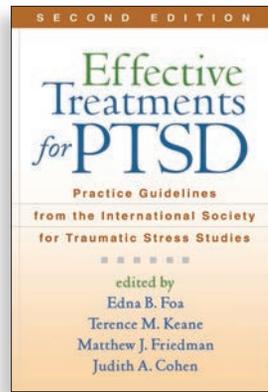
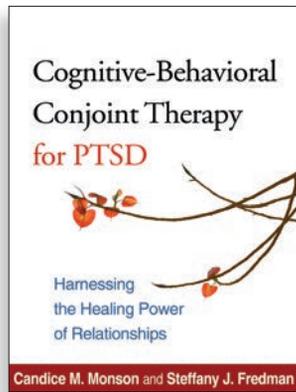
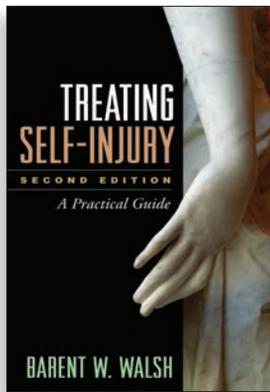
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