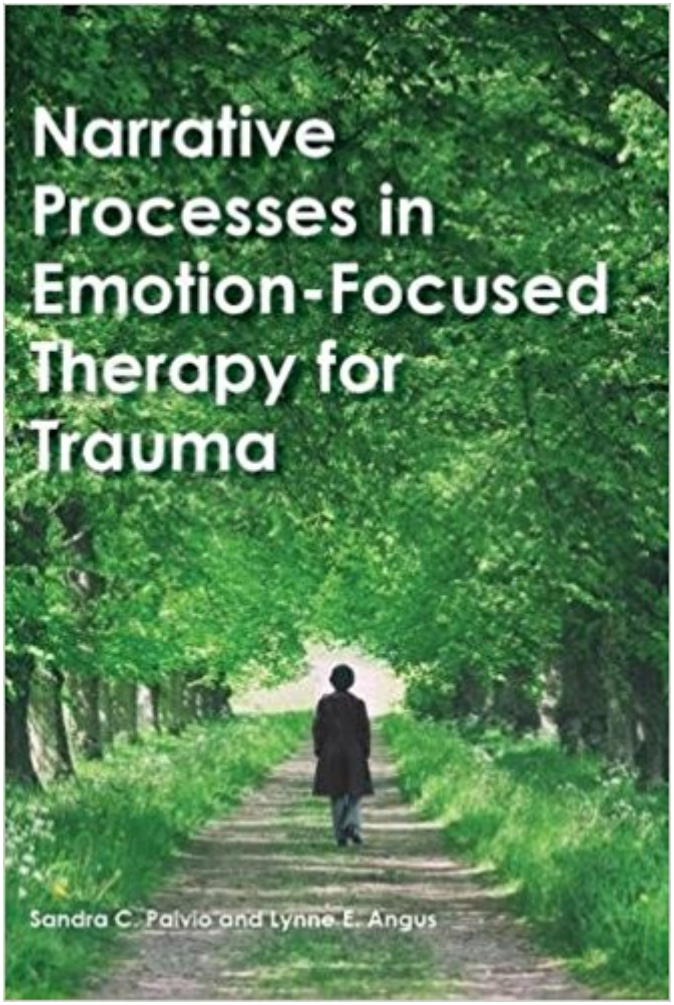
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Narrative Processes In Emotion-Focused Therapy For Complex Trauma



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Synopsis

Because drop-out rates and non-compliance with exposure-based procedures are notoriously high in trauma therapies, effective treatment options are essential. Emotion-Focused Therapy for Trauma (EFTT) is especially well-suited to treating trauma-related disturbances. A fundamental assumption underlying most trauma therapies, including EFTT, is that recovery requires the client to engage emotionally with trauma memories to achieve enhanced affect regulation and self-understanding. EFTT draws upon storytelling as a fundamental aspect of the human experience that permits this kind of engagement with trauma memories, promoting a sense of continuity and self-coherence, and bringing meaning to the client's emotional responses. Richly illustrated with clinical examples and excerpts from therapy sessions, this book integrates work on narrative and emotion change processes in theory, research, practice, and training.

Book Information

Hardcover: 288 pages
Publisher: American Psychological Association (APA); 1 edition (June 19, 2017)
Language: English
ISBN-10: 1433827808
ISBN-13: 978-1433827808
Product Dimensions: 7.2 x 0.8 x 10 inches
Shipping Weight: 1.6 pounds (View shipping rates and policies)
Average Customer Review: Be the first to review this item
Best Sellers Rank: #243,327 in Books (See Top 100 in Books) #274 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #671 inÃ Â Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies #702 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Emotions

Customer Reviews

Sandra C. Paivio, PhD, CPsych, is currently a consultant at the York University Psychology Clinic, where she provides individual psychotherapy, graduate training, and supervision. She is professor emeritus in the Psychology Department at the University of Windsor, and has more than 20 years of clinical experience. She is one of the developers of emotion-focused therapy, particularly applied to complex trauma (EFTT), and has conducted clinical trials evaluating efficacy and processes of change in EFTT. Dr. Paivio is the author of numerous publications on trauma and psychotherapy, including Working With Emotions in Psychotherapy (with Leslie S. Greenberg), Emotion-Focused

Therapy for Complex Trauma: An Integrative Approach (with Antonio Pascual-Leone), and she is featured in two American Psychological Association (APA) videos illustrating EFTT.Lynne E. Angus, PhD, CPsych, is a professor of psychology at York University in Toronto, Ontario, Canada, and a clinical supervisor and therapist at the York University Psychology Clinic. Dr. Angus practices, supervises, and conducts psychotherapy research addressing the contributions of narrative and emotion processes for clinically significant change, particularly in the context of emotion-focused therapy. Over the past 25 years, she has published over 90 publications addressing the unique contributions of metaphor, narrative, emotion, and meaning-making processes to productive client change, and has conducted numerous training workshops addressing implications for effective therapy practice. She coauthored Working With Narrative in Emotion-Focused Therapy: Changing Stories, Healing Lives (with Leslie S. Greenberg), and was featured in an APA therapy DVD with Sandra C. Paivio, Narrative Processes in Emotion-Focused Therapy for Trauma.

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