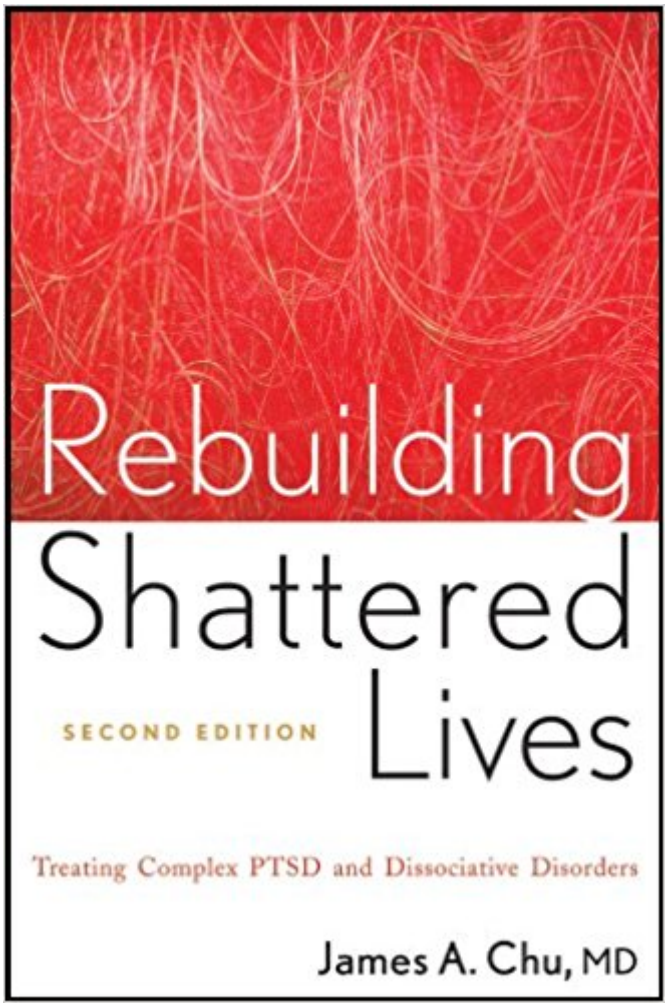
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Rebuilding Shattered Lives: Treating Complex PTSD And Dissociative Disorders



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Synopsis

Praise for Rebuilding Shattered Lives, Second Edition "In this new edition of Rebuilding Shattered Lives, Dr. Chu distills the wisdom he has gained from many years spent building and directing an extraordinary therapeutic community in a major teaching hospital. Both beginners and experienced clinicians will benefit from this book's unfailing clarity, balance, and pragmatism. An invaluable resource."Ã¢â ¬â •Judith L. Herman, MD, Director of Training for the Victims of Violence Program, Cambridge Health Alliance, Cambridge, MA "The need for this work is immense, as is the reward. Thank you, Dr. Chu, for continuing to share your sustaining insight and wisdom in this updated edition."Ã¢â ¬â • Christine A. Courtois, founder and principal, Christine A. Courtois PhD & Associates, PLC, Washington, DC; author of Healing the Incest Wound: Adult Survivors in Therapy and Recollections of Sexual Abuse Praise for the first edition: "Dr. James Chu charts a deliberate and thoughtful approach to the treatment of severely traumatized patients. Written in a straightforward style and richly illustrated with clinical vignettes, Rebuilding Shattered Lives is filled with practical advice on therapeutic technique and clinical management. This is a reassuring book that moves beyond the confusion and controversies to address the critical underlying issues and integrate traditional psychotherapy with more recent understanding of the effects of trauma and pathological dissociation." Ã¢â ¬â •Frank W. Putnam, MD A fully revised, proven approach to the assessment andtreatment of post-traumatic and dissociative disordersÃ¢â ¬â •reflecting treatment advances since 1998 Rebuilding Shattered Lives presents valuable insights into the rebuilding of adult psyches shattered in childhood, drawing on the author's extensive research and clinical experience specializing in treating survivors of severe abuse. The new edition includes: Developments in the treatment of complex PTSD More on neurobiology, crisis management, and psychopharmacology for trauma-related disorders Examination of early attachment relationships and their impact on overall development The impact of disorganized attachment on a child's vulnerability to various forms of victimization An update on the management of special issues This is an essential guide for every therapist working with clients who have suffered severe trauma.

Book Information

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Customer Reviews

This book is not simply for therapists. For those who have suffered severe trauma in childhood and who have been diagnosed with Complex PTSD and dissociative disorders in later years, this work can help them understand their complicated and often frightening world. Among other themes, it allows patients to gain an insight into the often challenging therapeutic relationship which must be established and maintained in order to heal, as well as the three main stages of treatment. Chapter 8 was especially useful, with hands-on strategies for controlling posttraumatic and dissociative symptoms. Although some may find the language and concepts demanding at times, I would still thoroughly recommend it.

While I am not a professional therapist, as a minister I meet many people whose lives have been horribly harmed by unspeakable childhood physical and sexual abuse. Dr. Chu’s book is the best I have read on this subject. In additional to explaining the psychological theories of how this kind of trauma wounds people and disables their ability to sustain relationships, he includes very practical suggestions for helping survivors that are dealing with disassociative symptoms including flashbacks and nightmares. I am on my second reading and taking notes this time.

This book should be required reading for anyone working with traumatized clients. No matter your level of experience, you will learn something new and useful from this book. I have read a lot in this

area, and this is above and beyond. It was recommended in an online course for diagnosing and treating dissociative disorders as absolutely essential. If you can only afford one, this is the one.

What a treat to get a headlines review of the research as well as some valuable tips for working with survivors, and in such a readable form. Dr. Chu has gifted us all by passing along his 30+ years of experience.

I highly recommend this book for anyone dealing with CPTSD personally or with someone they love. It's chock full of insights and tips and hope.

I found this book to be well written and informative. The clinical vignettes were very helpful in elucidating teaching points. I would recommend this for anyone, either clinician or patient who was interested in learning more about dissociative disorders.

I found it easy to read and very informative to my practice and study. I would gladly read more of his stuff

This book has helped me through solving, or helping to, solve problems for a loved one.

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