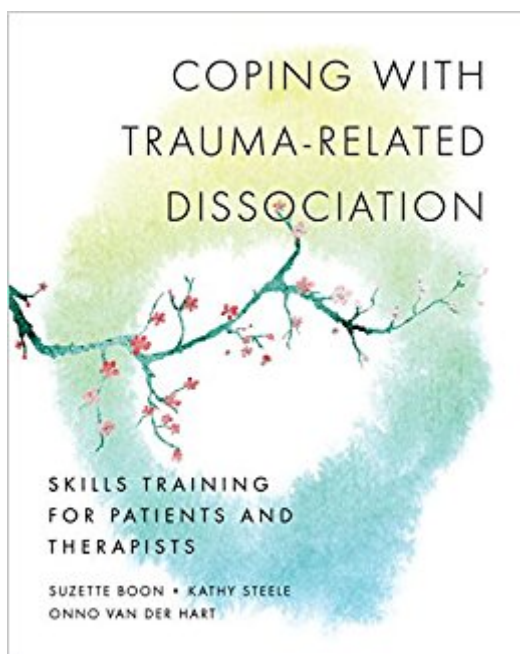


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# Coping With Trauma-Related Dissociation: Skills Training For Patients And Therapists (Norton Series On Interpersonal Neurobiology)



## Synopsis

A patient-oriented manual for complex trauma survivors. This training manual for patients who have a trauma-related dissociative disorder includes short educational pieces, homework sheets, and exercises that address ways in which dissociation interferes with essential emotional and life skills, and support inner communication and collaboration with dissociative parts of the personality. Topics include understanding dissociation and PTSD, using inner reflection, emotion regulation, coping with dissociative problems related to triggers and traumatic memories, resolving sleep problems related to dissociation, coping with relational difficulties, and help with many other difficulties with daily life. The manual can be used in individual therapy or structured groups.

## Book Information

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## Customer Reviews

“[A] book worthy of [therapists’] time.” - PsychCentral  
“This book is a much-welcomed tool for working with individuals with complex trauma. Although there are other training manuals that address the treatment of trauma, there is none that deal specifically with the subset of dissociative pathology. This manual is the first of its kind, a hands-on and practical training and skill-building tool for individuals and therapists. . . . The book has a user-friendly approach that is integrative and eclectic and can easily be introduced and incorporated in ongoing treatment. . . . For therapist and clients, navigating complex trauma can feel daunting and confusing with many stops and falls that may leave both feeling discouraged. This book is an anchor for the work, a place

to return when uncertainty invades treatment. — Social Work with Groups — “Coping with Trauma-Related Dissociation contains the lucid explanations, practical skills, and collective wisdom of three therapists with decades of experience treating dissociative patients. This book serves as a manual for therapists, a guide for trainers, and a workbook for dissociative disorder patients, delivering an up-to-date blend of the best clinical practices with recent advances in mindfulness therapy and cognitive behavioral approaches to pathological dissociation. — Frank W. Putnam, MD, Professor of Pediatrics and Psychiatry, University of Cincinnati College of Medicine — “This book is a welcome and much-needed resource for complex dissociative clients and their therapists. It offers a myriad of exercises and strategies to help clients challenge dissociative adaptations and replace them with other means of coping, so that they can develop a more integrated self and life, and ultimately regain control of their bodies and minds. — Christine A. Courtois, PhD, ABPP, author of *Healing the Incest Wound: Adult Survivors in Therapy and Recollections of Sexual Abuse*

Suzette Boon, PhD, is a clinical psychologist and psychotherapist working in private practice in Maarssen, the Netherlands. She was the co-founder and first President of the European Society for the Study of Trauma and Dissociation. Kathy Steele, MN, CS, is in private practice with Metropolitan Psychotherapy Associates in Atlanta, Georgia. She is a former President of the International Society for the Study of Dissociation. Onno van der Hart, Ph.D., is Professor Emeritus of Psychopathology of Chronic Traumatization, Department of Clinical and Health Psychology, Utrecht University, Utrecht, the Netherlands, and a psychologist / psychotherapist in private practice in Amsterdam, the Netherlands. He is a Past President of the International Society for Traumatic Stress Studies (ISTSS).

I am in recovery from DID and I had great hopes for this book but it didn't really help me much beyond a basic understanding of why I was suffering as I was. It's incredibly psychologically based, and seems to imply that we can change the reactions in the limbic system in our brain through a psychological approach. While this may work to a certain degree over a very long period of time, I feel that it's missing the main point: trauma is essentially in the limbic system in the brain, and also held in the body. Most of our mind reactions are too slow to compensate for the immediate triggering that takes place before we even realise it in our brain. I personally recommend two other books as being far more useful. Pat Ogden's — Sensorimotor Psychotherapy: Interventions for Trauma and Attachment (Norton Series on Interpersonal Neurobiology) — is an amazing resource

that works through what I hoped to gain from this book and didn't. David Berceli's *The Revolutionary Trauma Release Process: Transcend Your Toughest Times* has also given me simple exercises I can do at home which have massively reduced my extremely heightened startle response and released lots of trauma residues from my body. I've detailed how these books have helped me in the reviews I've posted on them.

This book was extremely helpful to me. As I have dealt with several different forms of trauma in my life, and I sincerely appreciate the discreet way that I was able to acquire this through . This book will help you learn how to work through some of your deep-seated issues and I would highly recommend it for anyone looking to do so. There is no shame in working through things and this book will help those who struggle to do so follow through and be able to begin the healing process with the help of a professional in tandem with this book.

No where in the title did it say that this book seems to pertain to persons with DID. It is somewhat helpful to persons with just dissociation not related to DID. It is a well organized book. It has good skills exercises. I had to figure out a way to read it without the "other parts" statements so I could get out of it what I wanted. I am glad I bought this book.

This is an excellent book. I think it is a "must" for anyone diagnosed with DID especially those newly diagnosed. As a multiple it's really frustrating to look and look and find so few books actually geared for DID. I think this one is essential. Before delving into the deeper healing work it is imperative that one develop good healthy coping skills and learn to make good self-care a habit. Def. recommend this for multiples and as a guide for therapists who treat us.

Excellent book. the client I had in mind when I bought it has purchased a copy as well and is using it regularly. The authors define terms and issues in easily understandable ways. My client feels very validated and I have an extra tool, and am learning new things as well. Many coping and grounding exercises.

I am reviewing this text from the standpoint of a medical professional who also struggles with dissociation on a daily basis. The approach is stepped and allows both the therapist and the client to understand the theory, etiology and goals meant to progress treatment forward at a controlled pace. By sharing the same pool of information as the therapist, the client can more readily identify

with the goals of treatment. The client and his/her alternate personalities can have time to process directed and accurate information outside of the session. The client can then participate more fully - or perhaps gain further insight to their states of being. The chapters can be worked sequentially or in the order that best fits the needs of the client. The paradigm for a therapeutic unit might be expected to decrease the time spent in various stages of symptom management.

This book is a fabulous companion to therapy, but it is also written and laid -out so well that a person can follow it on their own. The chapters are perfectly appropriate to the subject matter, the text is written in a way that everyone can understand, and the exercises are done in non-threatening steps (depending on where the person is in their process). The authors know what they're talking about - I highly recommend this book.

This book is a must if you treat dissociative clients.

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