



## Treating Trauma and Traumatic Grief in Children and Adolescents, First Edition

By Judith A. Cohen, Anthony P. Mannarino, Esther Deblinger

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### **Treating Trauma and Traumatic Grief in Children and Adolescents, First Edition** By Judith A. Cohen, Anthony P. Mannarino, Esther Deblinger

This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their families. Provided is a comprehensive framework for assessing posttraumatic stress disorder, depression, anxiety, and other symptoms; developing a flexible, individualized treatment plan; and working collaboratively with children and parents to build core skills in such areas as affect regulation and safety. Specific guidance is offered for responding to different types of traumatic events, with an entire section devoted to grief-focused components. Useful appendices feature resources, reproducible handouts, and information on obtaining additional training. TF-CBT has been nationally recognized as an exemplary evidence-based program.

See also the edited volume *Trauma-Focused CBT for Children and Adolescents: Treatment Applications* for more information on tailoring TF-CBT to children's varying developmental levels and cultural backgrounds.

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## **Editorial Review**

### Review

"This is the book that clinicians and educators concerned with child traumatic stress have been waiting for! Trauma-Focused Cognitive-Behavioral Therapy is the clear 'best-practice' treatment for traumatized children and their families. This book describes this evidence-based treatment approach in a pragmatic manner that every clinician will appreciate. I found the extensive use of case examples and the answers to common clinical questions to be particularly valuable. This book should be read by every therapist and every student working with traumatized children and their families."--Benjamin E. Saunders, PhD, National Crime Victims Research and Treatment Center, Medical University of South Carolina

"For therapists treating children affected by trauma, this is a 'must-have' book. It is truly a clinician's guide, describing specific treatment strategies to accomplish the proven ingredients of trauma-focused therapy. It illustrates how theory-driven, research-supported interventions can be translated into real-life, complex case situations."--Lucy Berliner, MSW, Harborview Medical Center, University of Washington

"This state-of-the-art treatment manual orients both the novice and seasoned clinician to critical core components for treating children who suffer from trauma and loss. 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!"--Lisa Amaya-Jackson, MD, MPH, UCLA-Duke National Center for Child Traumatic Stress

"The ideal source for therapists with children and adolescent clients who have experienced a trauma...and do not appear to be coping well with having had the experience....A manual for the empirically based components of treatment that appear to be critical to help a child recover from experiencing such events and integrate them into the whole of his or her life so that they no longer play a detrimental role in the child's or the parent's life....As a community therapist, I found this book refreshing, usable, and immediately helpful. It will make its way into reader's therapy with the next client seen who has such treatment needs. Already, I have found the handouts in the appendixes useful."

*(PsyncCRITIQUES 2006-06-25)*

"Describes what some consider the best available treatment for children who are suffering from the sequelae to trauma....Contains several appendices in which very useful client handouts for both children and their parents are included, additional recommended readings for clients and professionals are provided, and information for web-based training in trauma-focused cognitive-behavioral therapy is described....[It] is well written and the treatment protocol is easy to follow for clinicians with a background in exposure-based therapies. The book is also very accessible given its detailed organization. An added bonus is the inclusion of answers to frequently asked questions, which primarily address commonly confronted difficulties associated with implementing the intervention. Moreover, sample scripts and case examples provided throughout the book help to tailor treatment to specific individual's needs and offer guidance for how to respond to different types of trauma....Highly recommended for clinicians working with child and adolescent clients who suffer from depression, anxiety, and posttraumatic stress symptoms."

*(Journal of Contemporary Psychotherapy 2006-06-25)*

"Seasoned clinicians will benefit greatly from this text in updating their skills and knowledge of current evidence-based practice in the treatment of children and adolescents who have been traumatized. For novice clinicians, the work by Cohen and her colleagues should be required as a part of any clinical training focused on trauma."

*(Child and Adolescent Social Work Journal 2006-06-25)*

"Even more informative and readable than I had expected....This practical book outlines the therapy in a way that makes it come alive....Many good practical examples, as well as a trouble-shooting section, complete each chapter. Handouts for patients and an excellent reference section complete the book. The authors' impressive breadth of knowledge and experience makes this book valuable for any professional who might find families with traumatic experiences in their practice. I strongly recommend it to my colleagues."

*(Journal of the Canadian Academy of Child and Adolescent Psychiatry 2010-01-03)*

"A well-written, practical, and theoretical guide for individuals working with children, adolescents, and their families. Cohen, Mannarino, and Deblinger, who are accomplished leaders in the field, have successfully compiled their previous research with knowledge gained from community practitioners in an eloquent and practical manner. The book provides a tremendously useful bridge from theoretical construct to hands-on treatment....Particularly refreshing is the recognition and attention given to defining trauma in affective, cognitive, and behavioral domains....In an era of increased accountability and attention to evidence-based practice, this book is on the mark. The authors provide a treatment structure in which the connection between theory and practice is purposeful, apparent, and meaningful. It is a how-to manual for treating trauma and traumatic grief. Practitioners at all levels can use the information presented in this book to benefit children, adolescents, and their families."

*(Best Practices in Mental Health 2006-06-25)*

#### About the Author

Judith A. Cohen, MD, is a board-certified child and adolescent psychiatrist and Medical Director of the Center for Traumatic Stress in Children and Adolescents, Allegheny General Hospital, Pittsburgh. With Dr. Mannarino, she has received funding to assess and treat traumatized children since 1986 from the National Institute of Mental Health (NIMH), the Substance Abuse and Mental Health Services Administration (SAMHSA), and the U.S. Department of Justice. A recipient of the American Professional Society on the Abuse of Children (APSAC) Outstanding Professional Award and the American Academy of Child and Adolescent Psychiatry Rieger Award for Scientific Achievement, Dr. Cohen is Associate Editor of the *Journal of Traumatic Stress*.

Anthony P. Mannarino, PhD, a licensed clinical psychologist, is Director of the Center for Traumatic Stress in Children and Adolescents, Allegheny General Hospital. He has been a leader in the child traumatic stress field for over 25 years. He has received many honors for his work, including the Betty Elmer Outstanding Professional Award, the APSAC Outstanding Article Award for papers published in *Child Maltreatment*, and the SAMHSA Model Program Award. Dr. Mannarino is a past president and board member of APSAC.

Esther Deblinger, PhD, is codirector of the CARES (Child Abuse Research Education and Service) Institute and Professor of Psychiatry at the University of Medicine and Dentistry of New Jersey (UMDNJ)-School of Osteopathic Medicine. Her research has been funded by the Foundation of UMDNJ, National Center on Child Abuse and Neglect (NCCAN), and NIMH. Dr. Deblinger coauthored a professional book on the treatment of child sexual abuse as well as several children's books on body safety. Her work over the past 20 years has been recognized with awards from SAMHSA and the state of New Jersey's Office of the Child Advocate.

## **Users Review**

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Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite book and reading a guide. Beside you can solve your problem; you can add your knowledge by the publication entitled Treating Trauma and Traumatic Grief in Children and Adolescents, First Edition. Try to the actual book Treating Trauma and Traumatic Grief in Children and Adolescents, First Edition as your pal. It means that it can being your friend when you experience alone and beside that course make you smarter than previously. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know almost everything by the book. So , let's make new experience along with knowledge with this book.

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#### **Roberta Haile:**

In this period of time globalization it is important to someone to obtain information. The information will make anyone to understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, magazine, book, and soon. You will observe that now, a lot of publisher in which print many kinds of book. The particular book that recommended to you personally is Treating Trauma and Traumatic Grief in Children and Adolescents, First Edition this reserve consist a lot of the information from the condition of this world now. This particular book was represented how does the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. Typically the writer made some analysis when he makes this book. That's why this book acceptable all of you.

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