



Trauma Essentials: The Go-To Guide (Go-To Guides for Mental Health)

Babette Rothschild

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Basic information about one of the most common problems in therapy, from a best-selling mental health writer.

Since 1980, when PTSD first appeared as a diagnostic category, the number of people seeking trauma therapy has grown exponentially. Victims of traumatic events seek treatment for their often debilitating symptoms. Here, a leading trauma specialist and best-selling psychotherapy author presents for consumers the wide range of trauma treatments available and gives readers tools to choose a treatment plan or assess whether their treatment plan is working. Medications and associated conditions such as anxiety and panic disorders are also discussed. This book presents the most necessary and relevant information in a compact and accessible format, serving both as a review for therapists and a straightforward, easy-to-use guide for patients. Topics covered include definitions and symptoms, accepted treatments, physiological explanations, and treatment evaluation strategies, all written in Babette Rothschild's characteristically accessible style.

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