



Prolonged Exposure Therapy for PTSD: Teen Workbook

By Kelly R. Chrestman, Eva Gilboa-Schechtman, Edna B. Foa

Oxford University Press Inc. Paperback. Book Condition: new. BRAND NEW, Prolonged Exposure Therapy for PTSD: Teen Workbook, Kelly R. Chrestman, Eva Gilboa-Schechtman, Edna B. Foa, This treatment program adapts the principles of Dr. Foa's proven effective Prolonged Exposure Therapy for adolescents suffering from Posttraumatic Stress Disorder (PTSD.) The treatment program is based on the principles of prolonged exposure and emotional processing for use with those individuals who suffer from PTSD. In vivo and imaginal exposure comprise the core of the treatment, along with breathing retraining and techniques for monitoring progress. The treatment is presented in modules that can be individually tailored to fit the needs of each patient. Because many adolescent PTSD sufferers do not initiate therapy on their own, but are referred to therapy by social workers, parents, or other authority figures, their willingness to participate in their treatment can vary widely. The first element of this treatment, serves to assess the client's attitude, and increase motivation to change. Other modules introduce psychoeducation, real-life exposure, emotional processing, and relapse prevention. This companion workbook provides additional information, monitoring forms, and worksheets to help clients take control of their treatment.



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This book will not be straightforward to start on studying but really fun to read. it absolutely was writtern really flawlessly and helpful. You can expect to like just how the writer write this publication.

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