

Robert RILEY

**Trauma Practice – Tools for Stabilization and Recovery**

2nd revised and expanded edition

**by Anna B. Baranowsky, J. Eric Gentry, D. Franklin Schultz  
Göttingen (Germany): Hogrefe Publishing, 2011, pb, 187 pg,  
ISBN 978-0-88937-380-8****Praktično delo s travmo - recenzija knjige**

*Many experienced therapists believe that almost  
all the symptoms they see in their practice  
are related to trauma in one way or another*

Trauma is a wide spread human condition and its treatment is an integral part of therapy work. It is often linked with other anxiety disorders or depression, which makes it even more important for a clinician to understand the symptoms of the body as well as the behaviour and emotions associated with trauma. This book is written for the trained clinician and the novice-in-training as a means of enhancing the skilled application of Cognitive Behavioural Therapy (CBT) as trauma therapy. CBT is considered to be the most effective treatment for posttraumatic stress disorder (PTSD) and the book focuses on its core principles. The impact of this book can therefore be said to extend beyond the specialism of traumatology and is relevant to general psychotherapy practice.

The authors are vastly experienced in the field of trauma. Anna B. Baranowsky PhD CPsych is a registered clinical psychologist and the founder and director of the Traumatology Institute (Canada). Her accomplishments include the co-development of the Accelerated Recovery Program (ARP) for compassion fatigue, national and international presentations of the ARP trauma assessment, treatment and interventions. In her clinical practice she works with a wide range of trauma survivors.

J. Eric Gentry PhD LMHC is an internationally recognised leader in the study and treatment of traumatic stress and compassion fatigue. He has worked with hundreds of professional caregivers from all over the world to help them recover from work related symptoms. He also maintains a private psychotherapy practice.

D. Franklin Schultz PhD is a clinical psychologist in private practice, a master traumatologist and certified compassion fatigue specialist.

Through their extensive work experience it became clear to the authors that a practical approach was needed for practitioners who apply themselves in the field of trauma treatment and

that there was a need for a practical ‘how to’ text. The book is presented from the perspective of Herman’s Tri-Phasic Model (Herman, 1992) which the International Society for Traumatic Stress Studies adopted as the standard of care for clinicians working with clients diagnosed with PTSD. The three phases of treatment: (1) safety and stabilisation, (2) trauma memory processing, (3) reconnection, are each thoroughly explored, with specific treatment goals and techniques. They also talk about the necessary ingredients - relaxation, exposure and cognitive restructuring - contributing to effective trauma treatment.

The concluding chapter points towards some of the difficulties encountered by therapists who work with clients suffering from traumatic stress. The chapter includes strategies for developing resiliency toward and prevention of the possible deleterious effects of helping.

The stated objectives of the book are to present:

- the underlying principles of Behavioural, Cognitive and Cognitive Behavioural Therapy that are reported to lead to the resolution of posttraumatic stress symptoms,
- the psychophysiology of posttraumatic stress,
- the application of CBT toward the fulfillment of specific criteria in each of the three phases of the Tri-phasic Model of treatment with trauma survivors,
- the application of effective trauma stabilization and resolution interventions that best fit the unique requirements of any survivor,
- how to utilise many different CBT techniques to help trauma survivors resolve the effects of their trauma memories and posttraumatic symptoms,
- how to utilise CBT techniques to assist trauma survivors in developing more satisfying life styles in the present.

And while assimilating all the information in their hands-on reference and guidebook you will find gems like the sadness script (p. 101), an answer to why zebras do not get ulcers (p. 33) and a simple, yet profound, exercise on how never to experience stress again (p. 139).

The information and the practical approaches make this book not just another item for the bookshelf, but an interesting read with many ideas for adopting into one’s daily clinical practice. And when coming to the end of the book you may want to return to its opening dedication, the thought provoking quotation from Khalil Gibran, which encompasses the spirit of the whole book:

“See first that you yourself deserve to be a giver,  
and an instrument of giving.  
For in truth it is life that gives unto life –  
while you, who deem yourself a giver,  
are but a witness.”

Review by Robert Riley