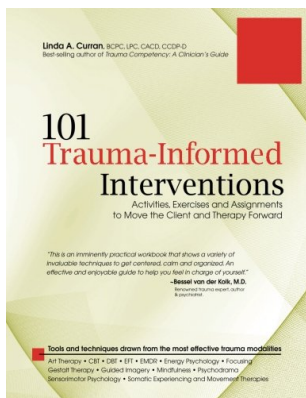


[PDF] 101 Trauma-Informed Interventions: Activities, Exercises And Assignments To Move The Client And Therapy Forward

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Books Details:

Title: 101 Trauma-Informed Interventions
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Description:

This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing **over 100 approaches** to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and

individual settings, these interventions will **provide hope and healing for the client**, as well as expand and solidify the professional's expertise.

Tools and techniques drawn from the most effective trauma modalities:

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 - EFT
 - EMDR
 - Energy Psychology
 - Focusing
 - Gestalt Therapy
 - Guided Imagery
 - Mindfulness
 - Psychodrama
 - Sensorimotor Psychology
 - Somatic Experiencing and Movement Therapies
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