



Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach

Christine A. Courtois PhD, Julian D. Ford PhD

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This insightful guide provides a pragmatic roadmap for treating adult survivors of complex psychological trauma. Christine Courtois and Julian Ford present their effective, research-based approach for helping clients move through three clearly defined phases of posttraumatic recovery. Two detailed case examples run throughout the book, illustrating how to plan and implement strengths-based interventions that use a secure therapeutic alliance as a catalyst for change. Essential topics include managing crises, treating severe affect dysregulation and dissociation, and therapist self-care. The companion website offers downloadable reflection questions for clinicians and extensive listings of professional and self-help resources. A new preface in the paperback and e-book editions addresses key scientific advances.

See also Drs. Courtois and Ford's edited volumes, *Treating Complex Traumatic Stress Disorders (Adults)* and *Treating Complex Traumatic Stress Disorders in Children and Adolescents*, which present research on the nature of complex trauma and review evidence-based treatment models.

Winner (Second Place)--American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category

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