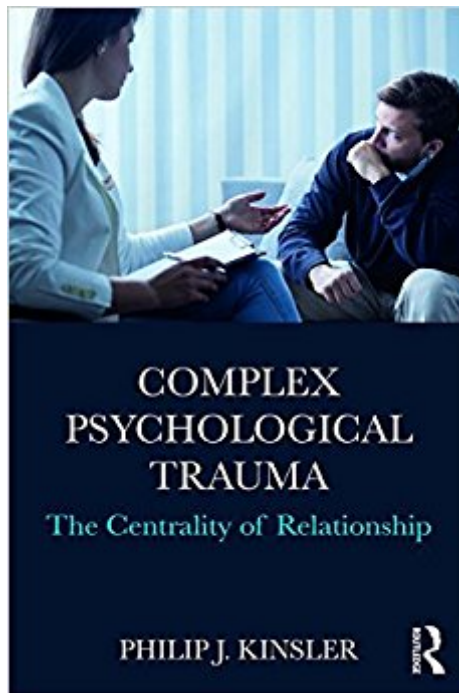




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# Complex Psychological Trauma: The Centrality Of Relationship



## Synopsis

Complex Psychological Trauma takes clinicians beyond the standard approaches for treating simple, single-stressor incident PTSD. Here the focus is on the major choice points that establish the relational conditions for growth and change. In these pages, new and experienced clinicians alike will find specific guidance for acting in a relationally healing manner and refreshingly practical, real-life advice on what to say in challenging therapy situations.

## Book Information

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## Customer Reviews

"Complex Psychological Trauma is a gift to the reader, whether therapist or client. Dr. Kinsler maps the territory in what is usually a difficult and protracted therapy and highlights the relationship as the most healing dimension, used strategically to counter the shame and mistreatment previously experienced." Christine A. Courtois, PhD, ABPP, author of Spiritually Oriented Psychotherapy for Trauma and Treating Complex Trauma: A Sequenced, Relationship-based Approach (with Julian Ford) "Complex Psychological Trauma is a true gift to the neophyte trauma therapist and to any trauma therapist who was educated primarily in a single paradigm of thought. Readers enter into the experience of Kinsler's highly regarded workshops on the centrality of relationship in healing the traumatized and emerge with a wealth of vicarious experience and practical clinical knowledge sure to enrich their clinical practices." Richard P. Kluft, MD, PhD, clinical professor of psychiatry, Temple University School of Medicine, author of Shelter from the Storm: Processing the Traumatic Memories of DID/DDNOS Patients with the Fractionated Abreaction Technique "Complex

Psychological Trauma is both scholarly and practical, a book that ingrates theory, process, and the language of psychotherapy for complex trauma. It is a book that belongs on every trauma therapist's bookshelf, one to read and then to return to at the times of impasse and crisis that occur in the work we all do in this field." Joan A. Turkus, MD, psychiatrist, traumatologist, psychiatric consultant and cofounder of The Center: Posttraumatic Disorders Program, Psychiatric Institute of Washington, DC, and past president of the International Society for the Study of Trauma and Dissociation "Philip Kinsler's book is a significant contribution to the field of work that concerns the importance of the relationships between clinicians and those for whom we provide professional services—patients/clients with histories of childhood abuse. This is not only a real contribution to the field—it is a highly personal contribution." A. Steven Frankel, PhD, JD, past president, International Society for the Study of Trauma and Dissociation

Philip J. Kinsler, PhD, ABPP, is a clinical associate professor of psychiatry at the Geisel School of Medicine at Dartmouth and instructor of psychiatry at Dartmouth-Hitchcock Medical Center. He is a past president of the International Society for the Study of Trauma and Dissociation and the New Hampshire Psychological Association.

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