



Clinical Exercises for Treating Traumatic Stress in Children and Adolescents: Practical Guidance and Ready-to-use Resources

Damion J. Grasso

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How do I implement effective strategies for treating traumatic stress in this particular child or adolescent? Clinical Exercises for Treating Traumatic Stress in Children and Adolescents combines guidance for personalizing and implementing effective treatment approaches with practical materials to use in session. It describes the potential impact of trauma on children and adolescents, outlines core principles of effective treatment models, and provides practical guidance for tailoring treatment strategies to the specific needs of the individual. The featured worksheets and practical resources are designed to be compatible with evidence-based treatment models including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Prolonged Exposure, Attachment, Self-Regulation and Competence (ARC), and Child-Parent Psychotherapy (CPP). Replete with adaptable, ready-made materials, this convenient resource will help any clinician working with trauma exposed 8-18-year-olds to implement effective treatment strategies in practice, as well as to take a tailored approach that engages them with creative, therapeutic activities.

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