



# Simple and Complex Post-Traumatic Stress Disorder: Strategies for Comprehensive Treatment in Clinical Practice

*Mary Beth Williams, John F Sommer Jr.*

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## **Simple and Complex Post-Traumatic Stress Disorder: Strategies for Comprehensive Treatment in Clinical Practice** Mary Beth Williams, John F Sommer Jr.

Discover the latest treatment strategies from the leading experts in the field of trauma! This unique book, by the authors of the classic Handbook of Post-Traumatic Therapy, provides the “how to” of clinical practice techniques in a variety of settings with a variety of clients. Simple and Complex Post-Traumatic Stress Disorder: Strategies for Comprehensive Treatment in Clinical Practice delivers state-of-the-art techniques and information to help traumatized individuals, groups, families, and communities. From critical incident debriefing to treating combat veterans with longstanding trauma, it covers the full spectrum of PTSD clients and effective treatments. This valuable book assembles some of the most highly respected experts in trauma studies to discuss the practical applications of their research and their experience treating clients with PTSD. Simple and Complex Post-Traumatic Stress Disorder addresses concerns about the efficacy of critical incident stress debriefing, examines the value of a variety of innovative treatment methods, and explores the differences between treating complex PTSD and the aftermath of a one-time traumatic event. Simple and Complex Post-Traumatic Stress Disorder discusses the issues, stages, and modalities of PTSD treatment, including:

- assessment and diagnosis
- psychopharmacological treatment
- cognitive behavioral treatment
- short-term treatment
- group treatments
- treatment strategies for traumatized children, families, hostages, police, and veterans
- media issues

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