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Linda A. Curran, BCPC, LPC, CACD, CCRP-D
Best-selling author of *Trauma Competency: A Clinician's Guide*

101 Trauma-Informed Interventions

Activities, Exercises and Assignments
to Move the Client and Therapy Forward

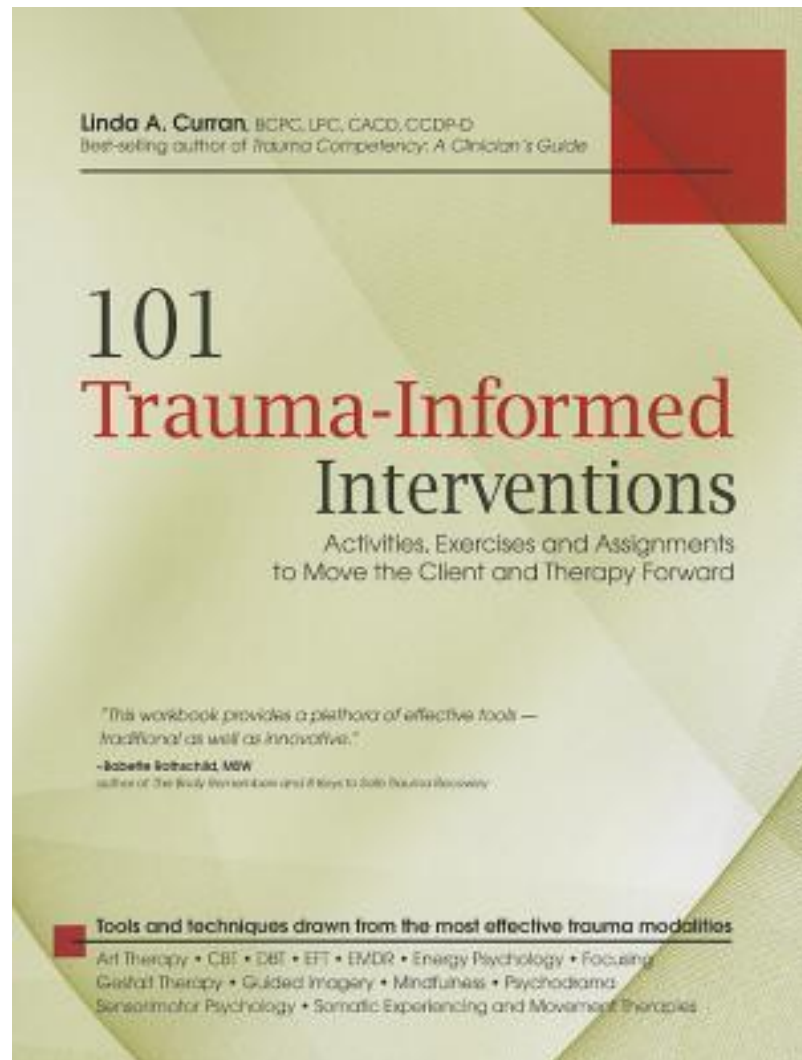
"This workbook provides a plethora of effective tools —
traditional as well as innovative."

-Isobelle Kirschfeld, MEd
author of *The Body Remembers* and *8 Keys to Safe Trauma Recovery*

Tools and techniques drawn from the most effective trauma modalities

Art Therapy • CBT • DBT • EFT • EMDR • Energy Psychology • Focusing
Gestalt Therapy • Guided Imagery • Mindfulness • Psychodrama
Sensimotor Psychology • Somatic Experiencing and Movement Therapies

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by Linda A. Curran



Synopsis:=====

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. Proven strategies from the most effective trauma modalities:-Guided Imagery-EMDR-Energy Psychology-Mindfulness-DBT-Sensorimotor Somatic Experiencing-Hypnotherapy-Art & Movement Therapies-Yoga-Tai Chi

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