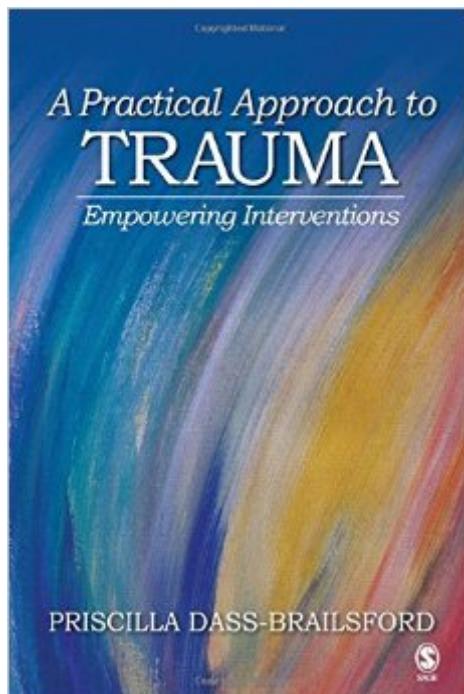


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# A Practical Approach To Trauma: Empowering Interventions



## **Synopsis**

A Practical Approach to Trauma: Empowering Interventions provides trauma counselors with effective guidelines that enhance skills and improve expertise in conducting empowering therapeutic interventions. Taking a practitioner's perspective, author Priscilla Dass-Brailsford focuses on practical application and skill building in an effort to understand the impact of extreme stress and violence on the human psyche. provides trauma counselors with effective guidelines that enhance skills and improve expertise in conducting empowering therapeutic interventions. Taking a practitioner's perspective, author Priscilla Dass-Brailsford focuses on practical application and skill building in an effort to understand the impact of extreme stress and violence on the human psyche.

## **Book Information**

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## **Customer Reviews**

Dr. Priscilla Dass-Brailsford's book is bound to be as much a classic and must-have book as Judith Herman's work on trauma. A Practical Approach to Trauma: Empowering Interventions not only addresses a diverse array of trauma incidents, it also weaves multicultural perspectives throughout. Dr. Dass-Brailsford's writing style is enjoyable to read and her empowering perspective is inspiring. A must-have book for everyone working in counseling and psychotherapy fields.

It is always important to read the table of contents to determine what you are looking for as you consider if this is the best book for your needs. If you are looking for specific in-depth information about "how" to do interventions or "how" to do trauma related assessments, then this particular book

does not contain this information. The assessment chapter is more so a general overview, and the interventions chapter again is more of an overview. Keep in mind as well that this book pre-dates the DSM V so of course changes have been made to criteria for PTSD. Lastly, in my opinion the author made an "attempt" at trying to discuss "history" in Chapter One but even the best non-historian cannot do history justice in just one short paragraph. It is important to note, for example, that slavery was not just an "American" issue, it was a world issue and widely accepted which is an important part of understanding the history of the Trans-Atlantic slave trade. My hope is that if the author updates her text that she considers either expanding the historical section in Chapter One and seeking assistance from a historian to help her provide more information from a historical perspective (versus an opinion perspective) or reviews and adds to the information she does have. This honestly is a difficult thing to tackle especially in only one chapter.

Fantastic book. I use it for my graduate level Trauma class. Great information for beginning therapists and even some things to learn for those of us who have been doing it for a while.

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