



# Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment

*John N. (Neale) Briere, Catherine Scott*

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Thoroughly updated with *DSM-5* content throughout, **Principles of Trauma Therapy, Second Edition: DSM-5 Update** is both comprehensive in scope and highly practical in application. This popular text provides a creative synthesis of cognitive-behavioral, relational, affect regulation, mindfulness, and psychopharmacologic approaches to the "real world" treatment of acute and chronic posttraumatic states. Grounded in empirically-supported trauma treatment techniques and adapted to the complexities of actual clinical practice, this book is a hands-on resource for front-line clinicians, those in private practice, and graduate students of public mental health

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