



## **Treating Complex Traumatic Stress Disorders (Adults): An Evidence-Based Guide**

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# Treating Complex Traumatic Stress Disorders (Adults): An Evidence-Based Guide

## **Treating Complex Traumatic Stress Disorders (Adults): An Evidence-Based Guide**

Combining scientific and clinical perspectives, this volume brings together leading authorities on complex traumatic stress and its treatment in adults. Contributors review the research that supports the conceptualization of complex traumatic stress as distinct from PTSD. They explore the pathways by which chronic trauma can affect psychological development, attachment security, and adult relationships. Chapters describe evidence-based assessment tools and an array of treatment models for individuals, couples, families, and groups.

See also Drs. Courtois and Ford's authored book, *Treatment of Complex Trauma*, which presents their own therapeutic approach for adult clients in depth, and their edited volume *Treating Complex Traumatic Stress Disorders in Children and Adolescents*.

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