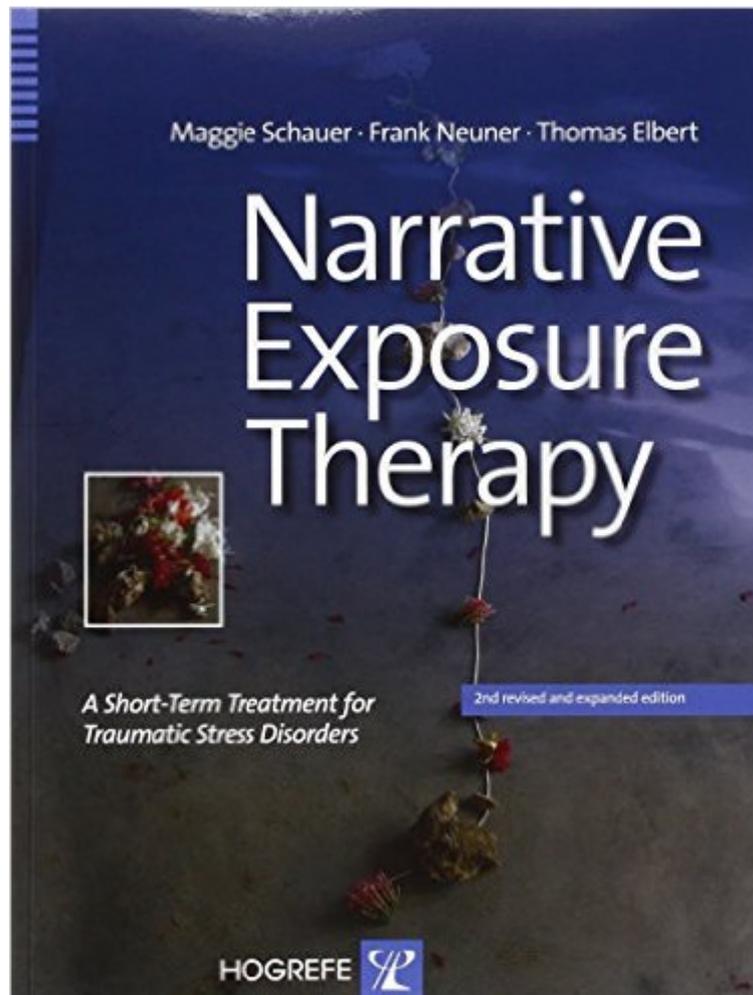


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# Narrative Exposure Therapy: A Short-Term Treatment For Traumatic Stress Disorders



## Synopsis

New edition of the Narrative Exposure Therapy manual, an effective, short-term, culturally universal intervention for trauma victims - including the latest insights and new treatments for dissociation and social pain. Narrative Exposure Therapy (NET) is a successful and culturally universal intervention for the treatment of survivors of multiple and severe traumatic events, such as organized violence, torture, war, rape, and childhood abuse. Field tests in contexts of ongoing adversity and disaster areas, as well as controlled trials in various countries, have shown that three to six sessions can be sufficient to provide considerable relief. The new edition of the clearly structured and easy-to-follow NET manual now includes the latest insights and new treatments for dissociation and social pain. The first part of the book describes the theoretical background. The second part shows how to use the NET approach step by step, with practical advice and tools, including how to deal with special issues (such as dealing with challenging moments, defense mechanisms for the therapist, and ethical issues). Appendices include an informed consent form, and checklists for the therapist.

## Book Information

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## Customer Reviews

I obtained this manual as preparation for a stint as a volunteer mental health specialist in Northern Uganda. It is not only well written and researched thoroughly, but it presents a treatment protocol that can reach many more clients than the traditional methods I know. Additionally, it must make changes in the brain that enable memories to be coherent and linked to experience rather than intrusive and disruptive. Years ago I developed - by the seat of my pants so-to-speak, a version of

the same thinking/method while working with some foster children who had difficult backgrounds and multiple placements.. How I wish i had had this method to guide my thinking at that time.. Then I might have made more progress before these children were yanked away, once again, to another foster home.

This book provided a visual way of processing traumatic life experiences to promote healing. Worth every penny. Awesome clinical resource.

I am a Narrative therapist and have used this technique with clients with success. Clearly written, easy to follow.

Very good.

This is a fascinating and essential read for anyone interested in trauma, PTSD, memory theory, or story.

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