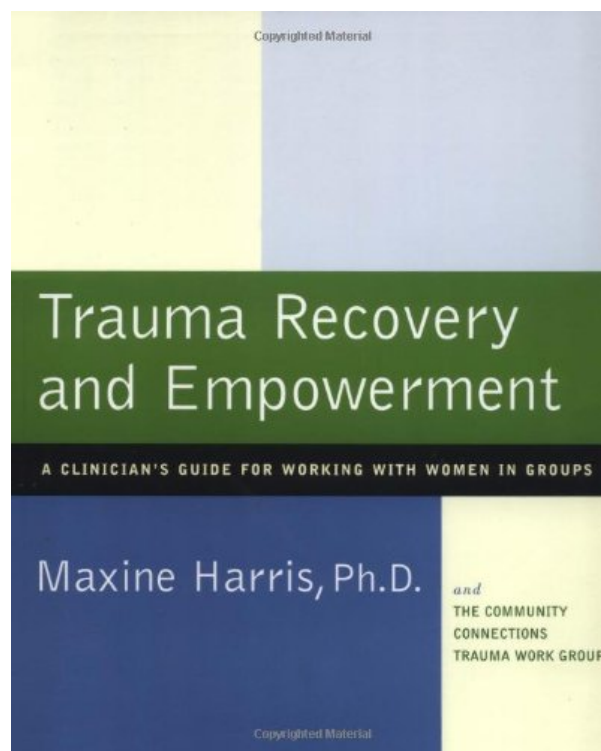
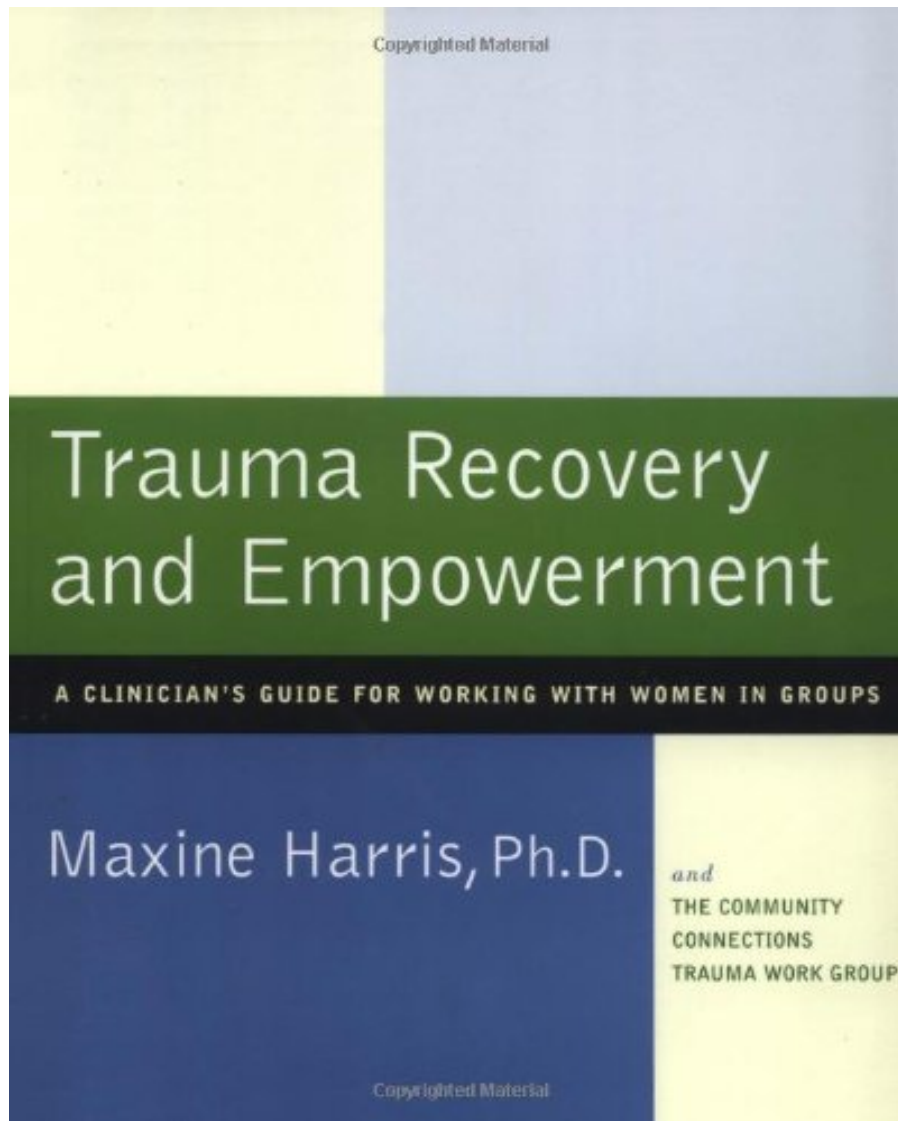


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## About the Author

Maxine Harris, PhD, is co-director of Community Connections mental health agency in Washington DC, adjunct professor at Dartmouth Medical School, and psychological consultant to the Maryland Correctional Institute for Women. She is the author of *Women of the Asylum* and *The Loss That Is Forever*.

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A one-of-a-kind guide that serves as an essential resource for mental health professionals working with women whose lives have been shattered by the trauma of sexual, physical, or emotional abuse.

Millions of women seek help every year for troubling depression or anxiety, for puzzling physical symptoms like headaches, muscle aches, and stomach cramps, for addictions to drugs, alcohol, or food, and for problems with relationships. What their therapists or physicians are beginning to discover is that trauma, whether past or ongoing, is the cause of many of these problems.

For almost five years, 27 clinicians and more than 500 participants have developed and refined the interventions contained in this manual, combining the best elements of the social skills training, psycho-educational and psychodynamic techniques, and the peer support groups that studies show are highly effective with survivors. Trauma Recovery and Empowerment guides leaders through the entire trauma recovery process. Each section includes specific discussion questions, a sampling of typical responses, and experiential exercises for each topic. A first-person account by a trauma survivor or therapist brings each session to life.

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- Binding: Paperback
- 432 pages

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For facilitators of all experience levels

By E. Beck

This is a fantastic group book. While it has enough ideas in it to complement an experienced facilitator's toolbox, it can also be used for a less experienced/confident facilitator to rely upon more heavily. I am using the term "facilitator" as opposed to "clinician" because I think it is fine for victim advocates who have experience with trauma work without much or any clinical practice education, as long as they are in a supportive work environment. I think a clinician could gear it toward group therapy, while a victim advocate could gear it toward support group. My group leader loves this book, and so do the women (ages 23-68; survivors of domestic violence, sexual assault, and childhood trauma) in the group.

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Best women's trauma treatment

By Amazon Customer

Highly recommend to all therapists working with female trauma victims. This is the best, most non-threatening and gender affirming trauma treatment program I have come across. There is a 2 day training seminar that you should take but I think you can figure out how to present this program w/o the training if it's unavailable in your area. The program runs for several weeks but it is simple, effective and powerful.

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Amazing book! As a counselor who has ran many ...

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Amazing book! As a counselor who has ran many therapy groups, this manual is by far the most straight-forward I've read. Everything you need to know to run a trauma group is in this book!

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