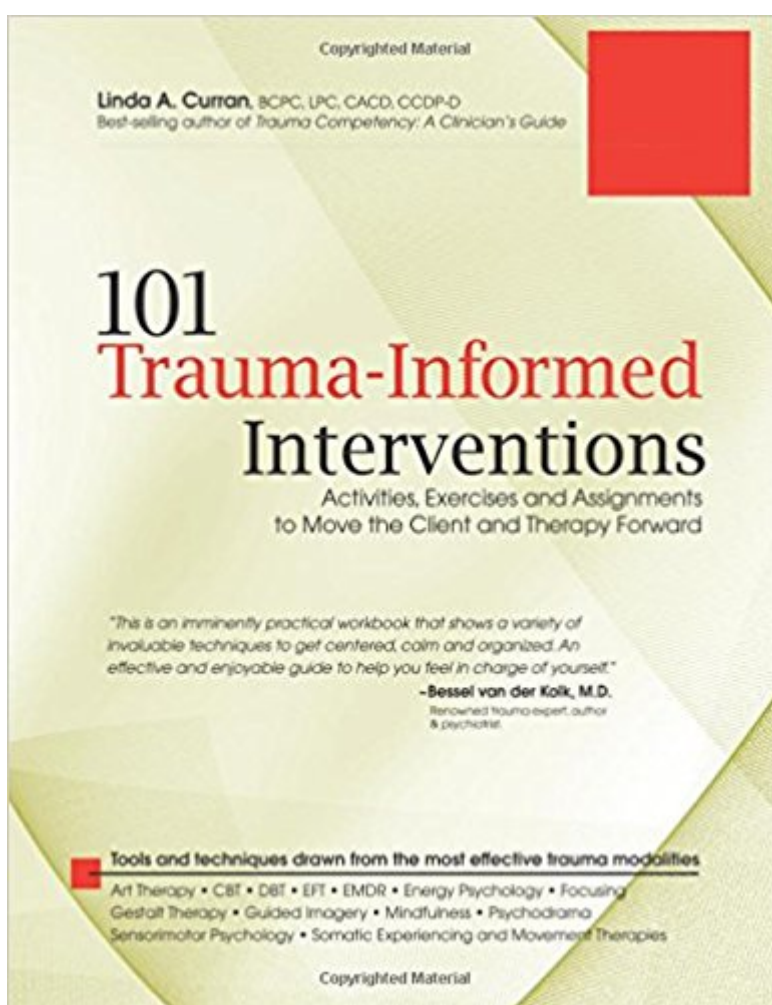


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# 101 Trauma-Informed Interventions: Activities, Exercises And Assignments To Move The Client And Therapy Forward



## Synopsis

This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise. Tools and techniques drawn from the most effective trauma modalities: \* Art Therapy\* CBT\* DBT\* EFT\* EMDR\* Energy Psychology\* Focusing\* Gestalt Therapy\* Guided Imagery\* Mindfulness\* Psychodrama\* Sensorimotor Psychology\* Somatic Experiencing and Movement Therapies

## Book Information

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (78 customer reviews)

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## Customer Reviews

Simple to use and the download to print is convenient. Clients have found the exercises interesting and have actually brought completed homework to sessions.

I was disappointed with this workbook. I guess the key word is trauma INFORMED. Many of the exercises are not directly related to trauma, which is more what I was looking for.

Limited usefulness... Might be more applicable for LPCCs instead of MFTs because many of the interventions don't consider relational dynamic sort of things... The theories are also not as applicable for marriage and family therapists (MFTs). I'd highly suggest checking the content first before purchasing, and also thinking about how/who/where you'd apply the interventions. If you

can't imagine yourself using the interventions in this book, I would not buy it. There are plenty other options of finding interventions out there :)

Really basic. Maybe this would be for someone just starting out...not for the seasoned therapist. I ended up returning it

I haven't gotten through all of the worksheets yet but they look like they will produce good thought provoking questions and conversations between client and therapist. It is a little difficult to tell where one intervention stops and the other starts, I didn't notice if that the exercise were marked in any way.

This book is user friendly and is chock-full of activities for clients to complete on their own as homework or in the therapy session.

This is an excellent tool for every clinician. There is plenty of material that can be used during individual session, and worksheets that you can use in everyday clinical practice. A must have in every clinician's "toolbox".

Very much a collection of worksheets with minimal description of each of the 101 interventions. Requires a main text if you are not already familiar with the broad variety of body work (Yoga, biofeedback, various body work and eastern stress management approaches, etc.) types of interventions. The worksheet format is relatively simple and straight forward but requires some explanation for the more unfamiliar.

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