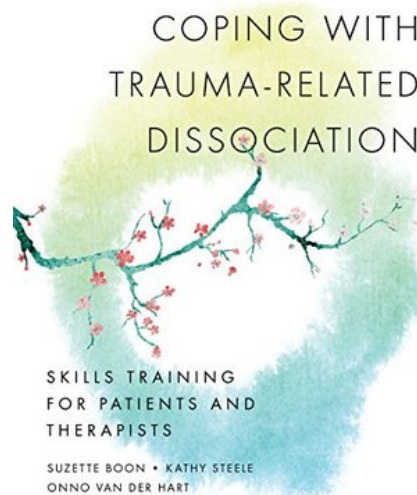




Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists (Norton Series on Interpersonal Neurobiology)

Suzette Boon , Kathy Steele , Onno van der Hart

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A patient-oriented manual for complex trauma survivors.

This training manual for patients who have a trauma-related dissociative disorder includes short educational pieces, homework sheets, and exercises that address ways in which dissociation interferes with essential emotional and life skills, and support inner communication and collaboration with dissociative parts of the personality. Topics include understanding dissociation and PTSD, using inner reflection, emotion regulation, coping with dissociative problems related to triggers and traumatic memories, resolving sleep problems related to dissociation, coping with relational difficulties, and help with many other difficulties with daily life. The manual can be used in individual therapy or structured groups.

Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists (Norton Series on Interpersonal Neurobiology) Details

Date : Published March 28th 2011 by W. W. Norton & Company (first published March 14th 2011)

ISBN :

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Format : Kindle Edition 485 pages

Genre : Psychology, Self Help, Nonfiction, Health, Mental Health, Social Science, Social Work

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From Reader Review Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists (Norton Series on Interpersonal Neurobiology) for online ebook

Laura says

The only self-help book that has every really helped me. I recommend this for anyone suffering from dissociative identity disorder, or working through dissociated experiences from their past. It offers real tools for developing dialogue between parts and cultivating mindfulness in order to manage anxiety before dissociation occurs.

Shelley says

This book is a manual for clinicians working extensively with this population. It contains lots of handouts and explicit lessons on coping with symptoms of dissociation. However, I suspect this book has limited usefulness because most patients are not likely to do many of these types of deep homework assignments and so the practical application is small.

That said, if you want to learn about dissociation and/or treat this population, it's probably a good book to read so you are familiar with the issues involved.

Sarah says

This is like a textbook with an absolute ton of information. It was interesting reading about what people with a dissociative disorder experience. I was only familiar with a small number of the struggles involved.

Matt says

I have a few challenging clients with DID, and a colleague recommended this book. Now I meet twice a week, and we spend time at the beginning of the week covering material from the chapter and at the end checking progress on homework and skills acquisition. This has really helped my clients and me to find hope for treatment of a disabling condition. My one gripe was that Section Two was too triggering to put early in treatment but works well if you do Section Three (sleep, exercise, structure, etc.) first.

Angela Wade says

Take your time going through - a little bit here, a little bit there. It will make a world of difference.

Fiona van Dahl says

There's a lot of repetition, and covering things I now view as relatively basic psychology. However, this is still a very rare book, I'm glad I found and read it, and I'll be recommending it to anyone with similar interests.

Astrid says

Coping with Trauma-Related Dissociation is the first skills manual specifically for individuals with complex dissociative disorders. It covers a wide variety of topics, including acknowledging your dissociation and dissociative parts, creating an inner sense of safety, coping with various emotions (such as anger and shame) and dealing with relationships. The book is ideally used in group therapy, but I used it on my own. Its practical advice and homework are very useful. This is a much needed book for everyone who deals with dissociative identity disorder or milder forms of it.

Blu says

Generally useful as a guide for therapists and clients - especially for survivors who are new to their diagnosis. It provides a decent foundation explanation, and with the right therapist could be useful. However I found the book patronising and blinkered in parts, and seemed to have a single ideal. If this book was the only experience that a therapist had with complex Dissociative survivors then I think it would end up being irritating and unhelpful. As a help tool though alongside an experienced therapist it could be good though.

Claire says

I feel like I will never be through reading this book. I always return to it for grounding and direction. It has both basic and deeper, more insightful information about the experience of dissociation, IMO. Valuable companion on this journey.

Lanttunen says

Paljon asiallista ja hyvin muotoiltua tietoa ja apua sekä dissosiaatiohäiriöstä kärsivälle että lähipiirille.

Amy says

Good basic guide for clients and therapists who need a very practical guide in helping themselves through trauma-related dissociation.

Robin says

Pretty basic guide for dissociation but good for those in therapy who are just learning this material the first time. Can't help but feel that if you are having these symptoms and your current therapist doesn't already know this information you should probably find someone more experienced as this seems common stuff to me.

Zev says

Three and a half stars. This is a wonderful starting point. I learned a lot from the first eight chapters, but leafed through or skipped entire other ones. I'm in a few 12-step groups that do use these techniques and address these topics, and have been for eight years. The information in the book does repeat and can blur, in a way. I don't recommend reading it in one sitting. I'm really glad I came across this. It's helping me have a plan to move forward, and I feel so much less alone.

Initially NO says

After almost getting back into this book, after leaving it because it annoy me, I only read until p 142. I had kept wondering why it wasn't something I wanted to read, until I got to this page and the line, 'psychiatric medications often help your brain function more effectively.' What utter hogwash. Not validating at all to psychiatric survivors and therefore unhelpful to those who find reality already traumatising. I really do see why I should bother reading any more unless someone thinks there's an exercise in there that's useful, that I haven't already learnt elsewhere.
