Contents

Acknowledgments		х
Introduction Part I: Trauma, Effects, and Assessment		
	Major Types of Trauma	4
	Natural Disasters	5
	Mass Interpersonal Violence	5
	Large-Scale Transportation Accidents	6
	House or Other Domestic Fires	6
	Motor Vehicle Accidents	6
	Rape and Sexual Assault	7
	Stranger Physical Assault	7
	Partner Battery	8
	Torture	8
	War	9
	Child Abuse	9
	Emergency Worker Exposure to Trauma	9
	The Problem of Combined and Cumulative Traumas	10
	Suggested Reading	11
2.	The Effects of Trauma	13
	What Makes Trauma Responses More Likely, More	
	Intense, or More Complicated?	14
	Victim Variables	14
	The Role of Gender and Race	15
	Characteristics of the Stressor	16
	Social Response, Support, and Resources	16
	Types of Posttraumatic Responses	17
	Depression	17
	Anxiety	19

	Stress Disorders	21
	Dissociation	2.5
	Somatoform Responses	27
	Brief Psychotic Disorder With Marked Stressor	28
	Drug and Alcohol Abuse	30
	Complex Posttraumatic Presentations	31
	"Complex PTSD"	31
	Borderline Personality Disorder	32
	Medical Sequelae of Trauma	33
	Trauma Syndromes in Non-Western Cultures	34
	Suggested Reading	34
3.	Assessing Trauma and Posttraumatic Outcomes	37
	Assessment in the Clinical Interview	37
	Immediate Concerns	37
	Assessing Trauma Exposure	4(
	Evaluating the Effects of Trauma	44
	Psychosis in the Context of Posttraumatic Response	56
	The Structured Interview	57
	The Clinician-Administered PTSD Scale (CAPS)	57
	The Acute Stress Disorder Interview (ASDI)	58
	The Structured Interview for Disorders of	
	Extreme Stress (SIDES)	58
	The Structured Clinical Interview for DSM-IV	
	Dissociative Disorders-Revised (SCID-D)	58
	The Brief Interview for Posttraumatic	
	Disorders (BIPD)	58
	Psychological Tests	59
	Generic Tests	59
	Trauma-Specific Tests	60
	Assessment of Physical Health	62
	Suggested Reading	63
Part I	I: Clinical Interventions	65
4.	Central Issues in Trauma Treatment	67
••	A Basic Philosophy of Trauma, Recovery, and Growth	67
	Respect and Positive Regard	69
	Hope	69
	Central Treatment Principles	70
	Provide and Ensure Safety	71
	Provide and Ensure Stability	72
	Fromue and Ensure Stability	12

	Maintain a Positive and Consistent	
	Therapeutic Relationship	74
	Tailor the Therapy to the Client	75
	Take Gender Issues Into Account	78
	Be Aware of—and Sensitive to—Sociocultural Issues	80
	Monitor and Control Countertransference	82
	Suggested Reading	84
5.	Psychoeducation	87
	Handouts	88
	Books	89
	Verbal Information During Therapy	89
	General Focus	90
	Constraints	92
	Suggested Reading	93
6.	Distress Reduction and Affect Regulation Training	95
	Dealing With Acute Intrusion: Grounding	96
	Intervening in Chronic Affect Dysregulation	98
	A Note on Medication	98
	Relaxation and Breath Control	99
	Increasing General Affect Regulation Capacity	101
	Suggested Reading	107
7.	Cognitive Interventions	109
	Cognitive Processing	109
	Developing a Coherent Narrative	115
	Cognitive Changes Arising From	
	Non-Overwhelming Emotional Activation	116
	Cognitive Interventions and Insight	117
	Suggested Reading	119
8.	Emotional Processing	121
	Reexperiencing as Trauma Processing	123
	The Therapeutic Window	125
	Intensity Control	126
	Constraints on Trauma Processing	127
	The Components of Trauma Processing	128
	Exposure	128
	Activation	132
	Disparity	138
	Counterconditioning	139
	Decensitization/Recolution	140

	Processing "Hot Spots"	140
	An Example of Hot Spot Processing	143
	Emotional Processing and Substance Dependence	144
	Emotional Processing From Another Perspective: EMDR	146
	Sequence and Session-Level Structure	
	of Memory Processing	147
	Suggested Reading	148
9.	Increasing Identity and Relational Functioning	149
	Identity Problems	150
	Intervention	151
	Relational Disturbance	153
	Intervention	155
	Suggested Reading	164
10.	Treating the Effects of Acute Trauma	165
	Research on Acute Traumatic Stress	166
	Acute Symptoms and Risk for PTSD	166
	The Literature on Interventions for Acute Stress	167
	Cognitive-Behavioral Intervention	170
	Intervention in Acute Posttraumatic Stress	171
	Immediate Assessment	172
	Referral	174
	Treatment	174
	Suggested Reading	183
11.	Biology and Psychopharmacology of Trauma	185
	The Psychobiology of Trauma	186
	The HPA Axis and the Adrenergic System	187
	Other Biological Correlates of PTSD	189
	Findings From Neuroimaging Studies	189
	Integrating Biological Models With the	
	Self-Trauma Model	190
	Trauma Psychopharmacology	192
	Psychotherapy and Psychopharmacology	193
	Treatment Outcome Studies and the Limitations	
	of Medications in Posttraumatic Stress	194
	Pregnancy and Lactation	195
	Alternative Therapy and Psychotropic Medications	196
	A Note on the Uses and Limitations of This Chapter	198
	Medications for PTSD	199
	Antidepressants	199

Index	281
Appendix 3: Breath Training Protocol	279
Appendix 2: Brief Interview for Posttraumatic Disorders (BIPD)	269
Appendix 1: Initial Trauma Review-3 (ITR-3)	263
References	233
12. Conclusions	231
Suggested Reading	229
Medications for Other Comorbid Disorders	228
Medications for Dissociation	227
Strategy for Medicating Sleep Disturbances in Posttraumatic Stress	226
Medications for Sleep	223
Other Agents	223
Adrenergic Agents	223
Antidepressants	222
Benzodiazepines	222
Medications for Acute Traumatic Stress	221
Medications for Trauma-Related Psychosis	220
Antipsychotics	216
Adrenergic Agents	213
Mood Stabilizers	210
Benzodiazepines	207

295

About the Authors