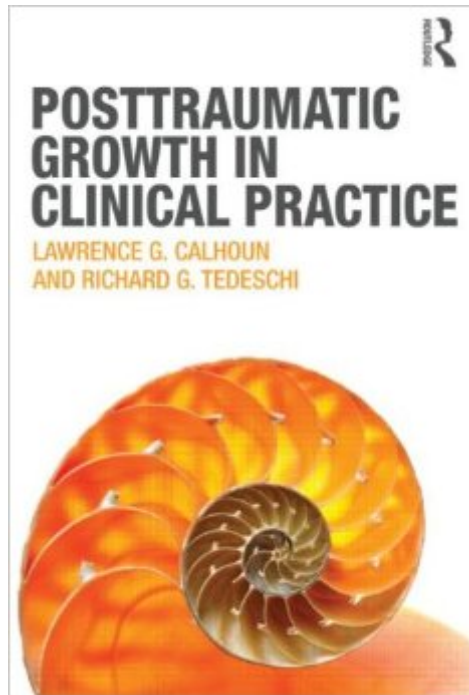


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# Posttraumatic Growth In Clinical Practice



## Synopsis

From the authors who pioneered the concept of posttraumatic growth comes *Posttraumatic Growth in Clinical Practice*, a book that brings the study of growth after trauma into the twenty-first century. Clinicians will find a framework that's easy to use and flexible enough to be tailored to the needs of particular clients and specific therapeutic approaches. And, because it utilizes a model of relating described as "expert companionship," clinicians learn how to become most empathically effective in helping a variety of trauma survivors. Clinicians will come away from this book having learned how to assess posttraumatic growth, how to address it in treatment, and they'll also have a basic grasp of the ways the changes they're promoting will be received in various cultural contexts. Case examples show how utilizing a process developed from an empirically-based model of posttraumatic growth can promote important personal changes in the aftermath of traumatic events.

## Book Information

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## Customer Reviews

In their recently published *POST TRAUMATIC GROWTH IN CLINICAL PRACTICE*, Doctors Calhoun and Tedeschi neatly navigate between the shoals of the psychotherapist and the layman; balancing both the requirements of scientific research while providing we, laypeople with practical tools leading to a better understanding of those suffering trauma, and the few among them, on the road to post-traumatic growth (PTG.) The work of these two psychologists who have pioneered the concept of post-traumatic growth should be encouraged by us all and supported by the Department of Defense and the National Institutes of Health. I have not met either man but was already

motivated to learn more of PTG by Doctor Tedeschi's influential paper: "Can We Facilitate Post-traumatic Growth in Combat Veterans." The University of North Carolina at Charlotte is fortunate indeed to have two of the most prominent psychologists in the world, making breakthroughs on post-traumatic growth. Calhoun and Tedeschi's hopeful book is being placed in my library next to Marcus Tullius Cicero, "On a Life Well Spent." Cicero might say of these two authorsâ | those who spend their time in improving others in knowledge and teaching the nobler arts are intended to our highest esteem.

This textbook was an easy read and conceptually sound. The authors weave clinical expertise and theoretical depth into a useful overview of post traumatic growth practice.

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