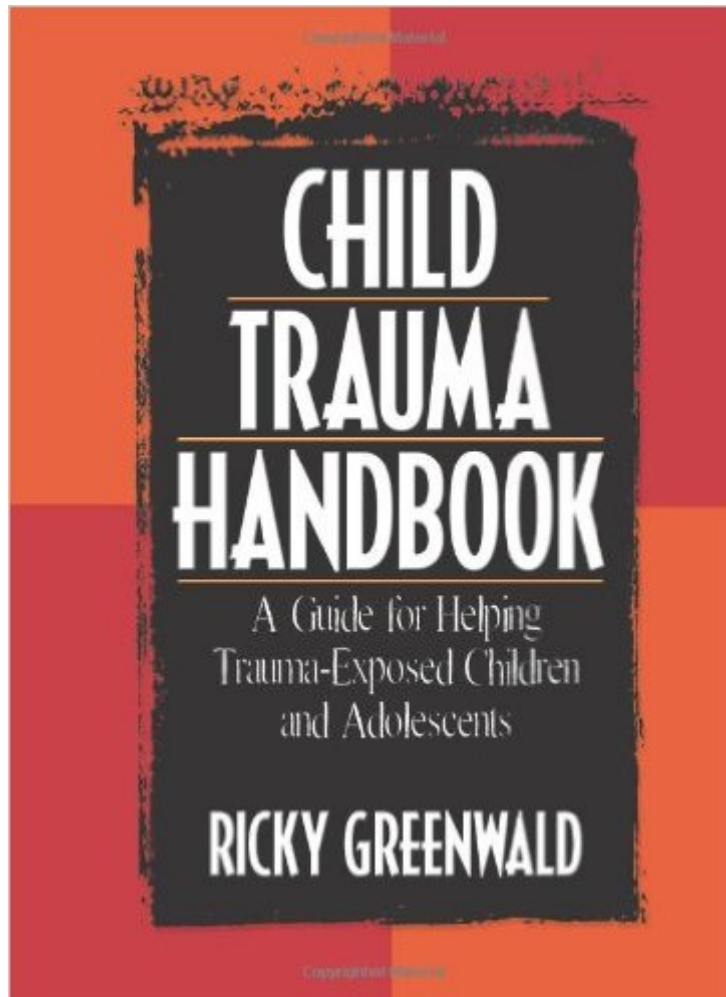


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# Child Trauma Handbook: A Guide For Helping Trauma-Exposed Children And Adolescents



## Synopsis

The Child Trauma Handbook is a comprehensive plain-language guide to treatment of trauma-exposed children and adolescents and those with trauma or loss-related issues. This no-nonsense manual helps the reader understand how and why kids' behaviors can be related to their history of trauma while teaching practical hands-on, clinical skills and interventions.

## Book Information

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## Customer Reviews

Nothing about Dr. Greenwald's book is derivative. His ideas are refreshing, creative but also theoretically sound. This is a very comprehensive and readable book that will improve the skills of any therapist from the novice to the very seasoned. Dr. Greenwald offers a way to reconceptualize trauma that is client-centered and can reach preschoolers through adolescents. His techniques are respectful of children's developmental level. This book is very practical, offering theoretical and research underpinnings of trauma and working through the initial interview, case formulation, resource installation and resolution of trauma. The sections on resource installation(that is building on the child's strengths) and resolution contain the best ideas I've seen in over twenty years of clinical practice. The last part of the book addresses issues in the daily life of the child including parenting. I have found Dr. Greenwald's website [childtrauma.com](http://childtrauma.com) to be a treasure trove. In this very difficult line of work, this book offers the practical wisdom and the sage approach that can fine-tune a therapist and bring effective results. I am very grateful for this book.

Finally! A comprehensive framework that conceptualizes trauma treatment for children in a way that makes intuitive and practical sense. Dr. Greenwald's Child Trauma Handbook strikes a new chord as it hits several critical points often missing in discussion of trauma treatment for children. He emphasizes the need for collaboration between therapist, caregivers and other professionals to establish and maintain safety and stability for the child. Dr. Greenwald describes a trauma-informed case formulation that provides an understanding of how important the trauma piece is for everyone involved and why it's important in changing a child's behavior. The importance of understanding and working with triggers is explained, as is identifying and planning for anticipated challenges. Dr. Greenwald's book is straightforward, clear and concise. It is an invaluable tool both for the beginning therapist learning to work with traumatized children and the more seasoned professionals who have been looking for just this framework to enhance their practice. Denise L. Houston, MA, LPC

This is one of the best books I've used when dealing with trauma and children or teens. It is a step by step menu to help therapists move from the beginning to the resolution. If this were just the content, the book far surpasses many resources in understanding, engaging, and treating children of all ages who have experienced trauma. However, the additional information on engaging parents and school personnel is excellent. It also presents wonderful case examples to support the content. And the sections that discuss the known treatment models for trauma are clear, concise, and give concrete examples. Ricky Greenwald has really excelled in this literary endeavor to provide therapists all over the world with knowledge and treatment suggestions to work with our most valuable resource - our children! I use this book on a regular basis to support, validate, and enhance my treatment of children. Thank you Ricky!

At 300+ pages, this book contains a lot of information for professionals--and even parents--who work with traumatized children. Rather than focusing on causes and manifestations of trauma, the author jumps right in and lays out a strategy for working with traumatized kids. He relies a lot on metaphor, which is helpful, given that content of this nature can be a bit overwhelming at times. His models and approaches are sound, based on research and clinically-proven interventions. The author gives examples throughout the book, while answering questions such as, "Is it ever indicated to physically restrain a child with a history of trauma;" "Should you ask the child detailed or open-ended questions about what happened;" "How do you work with parental resistance?" Many of the techniques discussed in this book can be used with young children or adolescents; he even

offers a few ideas on how to make modifications based on the child's development or age. Finally, the author includes sample reports at the end, detailing how to communicate to other professionals details about the child's past. I don't know the author, but he clearly put a lot of work into developing this book. Even professionals with extensive experience in the field of childhood trauma will find new ideas and interventions in this book.

Ricky Greenwald has brilliantly illustrated a way for us to think about how to work with children & youth impacted by "trauma". The Child Trauma Handbook gives the reader "hands on" practice information that is grounded in evidence based practice strategies. I will use this information to help me work more effectively in my clinical practice and in my classroom teaching!!

This comprehensive model for conceptualizing the effects of trauma, designing a plan for intervention and explaining it to clients should be required reading for all students of psychotherapy.

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