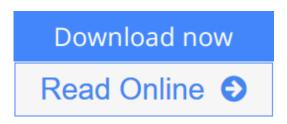


Narrative Exposure Therapy: A Short-Term Intervention for Traumatic Stress Disorders After War, Terror, or Torture

By Maggie Schauer, Frank Neuner, Thomas Elbert



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This book is the first practical manual describing a new and successful short-term treatment for traumatic stress and PTSD called Narrative Exposure Therapy (NET). The manual provides both experienced clinicians and trainees with all the knowledge and skills needed to treat trauma survivors using this approach, which is especially useful in crisis regions where longer-term interventions are not possible. NET has been field tested in post-war societies such as Kosova, Sri Lanka, Uganda, and Somaliland. Its effectiveness was demonstrated in controlled trials in Uganda and Germany. Single case studies have also been reported for adults and children. Three to six sessions can be sufficient to afford considerable relief. Part I of this manual describes the theoretical background. Part II covers the therapeutic approach in detail, with practical advice and tools. Part III then focuses on special issues such as dealing with challenging moments during therapy, defense mechanisms for the therapist, and ethical issues.

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Editorial Review

Review

...Based on principles of behavioral and cognitive psychology, the NET method ... can be learned and administred by paraprofessionals. -- *Peter J. Lang, PhD, Professor and Director of the NIMH Centre for the Study of Emotion and Attention and Director of the Fear Clinic at the University of Gainesville, FL*

...The [title] is an extremely valuable contribution to the currently available treatment options for Traumatic Stress Disorders... -- Daya Somasundaram, Psychiatrist and Professor at the University of Jaffna, Sri Lanka

This book fills a gaping hole in the field...required for all...who treat these groups of trauma survivors. --Andreas Maercker, MD, PhD, Professor, University of Zurich and member of the Board of Directors of the International Society for Traumatic Stress Studies

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