

PART III

Tools and Strategies

While people working in the field emphasize that clients must learn essential coping skills to benefit from trauma treatment, the literature doesn't adequately or specifically explain what these specific skills are. Nor does it offer much in the way of practical strategies or clinical interventions needed to do this therapeutic work.

Part III of this guidebook offers information about the process of conducting psychotherapy with trauma survivors, as well as techniques and interventions to be used in first stage trauma treatment.

The exercises are designed to allow mental health professionals develop a repertoire of effective and concrete clinical tools and strategies for first stage trauma treatment. They may need to be tailored to the individual client's needs, and they may need to be used many times.