Professional psychotherapists specialized in psychotraumatology have become increasingly important in war and conflict areas where many people are severely mentally traumatized by oppression, persecution and violence. In order to meet people’s needs and help effectively in a long term perspective, future psychotherapists as well as practicing, experienced psychotherapists must fulfill a range of conditions: They must be highly skilled at communicating in social interactions with patients. They must be familiar with fundamental knowledge about mental disorders. Finally, they must be proficient at implementing special intervention approaches and techniques, considering their patients’ cultural background.

This book was produced to contribute to achieving these tasks and goals. It aims at providing help for students as well as for practicing, experienced psychotherapists. It can be seen as an addition to one’s existing knowledge about mental disorders and different psychotherapeutic trauma interventions. Containing various models, a broad selection of exercises and interventions as well as forms and information sheets, it provides both, essential theoretical background knowledge as well as a practical work focus.

Several useful highlights of the book are:

- **Guiding questions** provide you with an overview and focus on what is important.
- **‘Before you move on boxes’** summarize the essentials and take-home messages.
- **Quizzes** allow you to do your revision on the contents.
- **Exercises and self-reflection** allow you to transfer theoretical knowledge to the realm of practical psycho-therapeutic work.
- **Information sheets for your practical psychotherapeutic work** can be used in various ways in your everyday work life, for example as consultation documents for the cooperation between the patient and the therapist, as a checklist for the therapist or as a source of information for the patient.
Introduction
1 Psychotherapy
2 Types of Psychotherapy
2.1 Behavioral Psychotherapy
2.1.1 Method of Treatment
2.1.2 Various Behavioral Therapy Techniques
2.2 Cognitive Therapy
2.3 Cognitive Behavioral Therapy (CBT)
2.3.1 What is CBT?
2.3.2 How Does CBT Work?
2.3.3 The Principles of CBT
2.3.4 Why Does CBT Work?
3 The Initial Interview
3.1 Talking to Patients
3.2 Understanding the Patient’s Current Situation in Life and the Patient’s Biography
3.2.1 Current Situation in Life
3.2.2 Links between Patient’s Biography and Patient’s Issues or Problems
3.2.3 Taking the Patient’s History
3.3 End of Initial Interview
4 The Probationary Phase Initial Exploration of the Patient’s Problem
5 Analysis
5.1 Behavioral Analysis
5.2 Micro and Macro Analysis: An Overview
5.2.1 Micro Analysis: The SORK Model
5.2.2 Micro Analysis: The Problem Analysis Model
5.2.3 Macro Analysis
5.3 Psychopathological Findings
6 Goal Setting
7 End of Therapy
7.1 Prognosis
7.2 Transfer to Daily Life and Consolidation
7.3 Relapse Prevention and Follow-up Care
7.4 Process of Separation
7.5 Continuing Therapy: Application for Conversion or Continuation
8 Medication
8.1 Medications for PTSD
8.1.2 Other Medications
8.2 Quiz
9 Trauma
9.1 Defining Trauma
9.2 Reacting to Trauma
10 Anxiety
10.1 Specific Phobia
10.2 Social Anxiety Disorder
10.3 Panic Disorder
10.4 Agoraphobia
10.5 Generalized Anxiety Disorder (GAD)
10.6 Quiz
11 Depression
11.1 Major Depressive Disorder
11.2 Persistent Depressive Disorder
11.3 Premenstrual Dysphoric Disorder (PMDD)
11.4 Specifiers for Depressive Disorders
11.4.1 Single Episode versus Recurrent Episode
11.4.2 Mild/Moderate/Severe
11.4.3 With Anxious Distress
11.4.4 With Melancholic Features
11.4.5 Physical Manifestation of Depression
11.4.6 With Atypical Features
11.4.7 With Peripartum Onset
11.4.8 With Seasonal Pattern
11.5 The Depression Scale
11.6 Quiz
12 Somatoform Disorders
12.1 Symptoms
12.2 Development
12.3 Maintenance
12.4 Quiz
13 Case Formulation
13.1 Aspects of Case Formulation
13.1.1 What problems need treatment
13.1.2 What Priorities does the Therapist have to set?
13.1.3 Which Therapeutic Setting is Suitable?
13.1.4 How can the Therapist Shape a Good Therapeutic Relationship?
13.1.5 What are Effective Guidelines to Understand, Foster and Support the Patient’s Motivation?
13.2 Example of a Case Report
14 Additional Information and Exercise: Narrative Transgenerational Therapy
14.1 Three Theoretical Frameworks of Transgenerational Traumata (TT)
14.2 Treatment
14.2.1 Exemplary Dialogue I
14.2.2 Exemplary Dialogue II: The First Imaginal Narrative Exposure on Patient’s Own Trauma Event(s)
15 Answers to the Quizzes
15.1 Solutions and Suggestions for Initial Interview
15.2 Solutions and Suggestions for Probationary Phase
15.3 Solutions and Suggestions for Behavior Analysis
15.4 Solutions and Suggestions for Psychopathological Findings
15.5 Solutions and Suggestions for Goal Definition
15.6 Solutions and Suggestions for Prognosis
15.7 Solutions and Suggestions for End of Therapy
15.8 Solutions for Medication
15.9 PTSD I
15.10 PTSD II
15.11 Solution for Anxiety
15.12 Solution for Depression
15.13 Solution for Somatoform Disorders
16 Index
17 References
Appendix
Information sheets
Worksheets
Authors

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