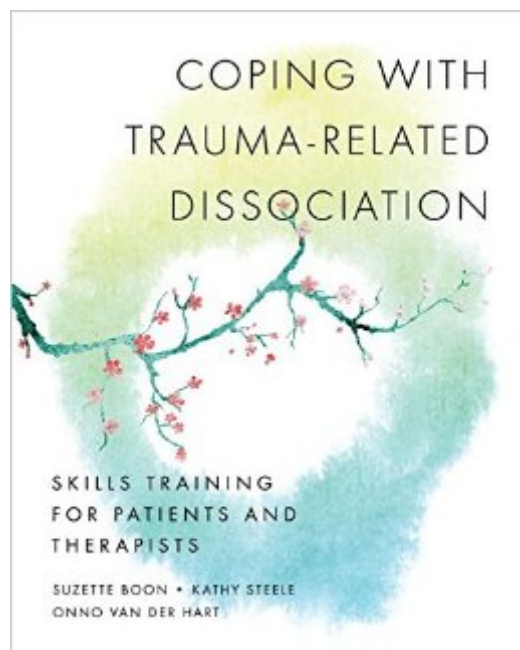


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# Coping With Trauma-Related Dissociation: Skills Training For Patients And Therapists (Norton Series On Interpersonal Neurobiology)



## Synopsis

A patient-oriented manual for complex trauma survivors. This training manual for patients who have a trauma-related dissociative disorder includes short educational pieces, homework sheets, and exercises that address ways in which dissociation interferes with essential emotional and life skills, and support inner communication and collaboration with dissociative parts of the personality. Topics include understanding dissociation and PTSD, using inner reflection, emotion regulation, coping with dissociative problems related to triggers and traumatic memories, resolving sleep problems related to dissociation, coping with relational difficulties, and help with many other difficulties with daily life. The manual can be used in individual therapy or structured groups.

## Book Information

Series: Norton Series on Interpersonal Neurobiology

Paperback: 496 pages

Publisher: W. W. Norton & Company; 1 edition (March 28, 2011)

Language: English

ISBN-10: 039370646X

ISBN-13: 978-0393706468

Product Dimensions: 8 x 1.3 x 10 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (82 customer reviews)

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## Customer Reviews

I initially thought "Coping with Trauma-Related Dissociation" would be overly complex and written for psychologists or psychiatrists. In fact it is really written for both patient and doctor or therapist. I was impressed with how caring the authors came across. They truly understand dissociative disorders on all levels. This book covers Post Traumatic Stress Disorder (PTSD), Dissociative Identity Disorder (DID) and Dissociative Disorder Not Otherwise Specified (DDNOS). While I am no expert on these disorders I know a good book when I read one. I thought the advice in this book and the skills for coping with the disorders were excellent. The advice for people who have many parts or personalities was especially helpful. I liked how the authors suggested creating an inner world or

safe place in the mind for scared, angry or fearful parts to go when needed. Some of the issues dealt with in this book include a sense of involuntariness, becoming emotionally numb, amnesia, depersonalization, derealization, isolation, eating habits, abuse, insomnia, losing track of time, loneliness, self-harm, anger, shame, phobias of inner experience, relaxation exercises, numerous personalities at war with each other and guilt. There are also sections that teach you how to deal with stressful family situations or work situations. The sections on homework assignments take the process of dealing with the disorders to new levels. One assignment deals with healthy core beliefs and analyzes negative and positive beliefs. What this book really explained well is how parts of the self are stuck in what the authors call "trauma-time." They discuss triggers that can lead you to feeling bad.

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