



Coping with Trauma: Hope Through Understanding

By Jon G. Allen

[Download now](#)

[Read Online](#) 

Coping with Trauma: Hope Through Understanding By Jon G. Allen

Combining years of research, teaching, and experience treating trauma survivors, Dr. Jon G. Allen offers compassionate and practical guidance to understanding trauma and its effects on the self and relationships. *Coping With Trauma* is based on more than a decade of Dr. Allen's experience conducting educational groups for persons struggling with psychiatric disorders stemming from trauma. Written for a general audience, this book does not require a background in psychology. Readers will gain essential knowledge to embark on the process of healing from the complex wounds of trauma, along with a guide to current treatment approaches.

In this supportive and informative work, readers will be introduced to and encouraged in the process of healing by an author who is both witness and guide. This clearly written, insightful book not only teaches clinicians about trauma but also, equally important, teaches clinicians how to educate their patients about trauma.

Reshaped by recent developments in attachment theory, including the importance of cumulative stress over a lifetime, this compelling work retains the author's initial focus on attachment as he looks at trauma from two perspectives. From the psychological perspective, the author discusses the impact of trauma on emotion, memory, the self, and relationships, incorporating research from neuroscience to argue that trauma is a physical illness. From the psychiatric perspective, the author discusses various trauma-related disorders and symptoms: depression, posttraumatic stress disorder, and dissociative disorders, along with a range of self-destructive behaviors to which trauma can make a contribution.

Important updates include substantive and practical information on - Emotion and emotion regulation, prompted by extensive contemporary research on emotion -- which is becoming a science unto itself.- Illness, based on current developments in the neurobiological understanding of trauma.- Depression, a pervasive trauma-related problem that poses a number of catch-22s for recovery.- Various forms of self-destructiveness -- substance abuse, eating disorders, and deliberate self-harm -- all construed as coping strategies that backfire.- Suicidal states and self-defeating aspects of personality disorders.

The author addresses the challenges of healing by reviewing strategies of emotion regulation as well as a wide range of sound treatment approaches. He concludes with a new chapter on the foundation of all healing: maintaining hope.

This exceptionally comprehensive overview of a wide range of traumatic experiences, written in nontechnical language with extensive references to both classic and contemporary theoretical, clinical, and research literature, offers a uniquely useful guide for victims of trauma, their family members, and mental health care professionals alike.

 [Download Coping with Trauma: Hope Through Understanding ...pdf](#)

 [Read Online Coping with Trauma: Hope Through Understanding ...pdf](#)

Coping with Trauma: Hope Through Understanding

By Jon G. Allen

Coping with Trauma: Hope Through Understanding By Jon G. Allen

Combining years of research, teaching, and experience treating trauma survivors, Dr. Jon G. Allen offers compassionate and practical guidance to understanding trauma and its effects on the self and relationships. *Coping With Trauma* is based on more than a decade of Dr. Allen's experience conducting educational groups for persons struggling with psychiatric disorders stemming from trauma. Written for a general audience, this book does not require a background in psychology. Readers will gain essential knowledge to embark on the process of healing from the complex wounds of trauma, along with a guide to current treatment approaches.

In this supportive and informative work, readers will be introduced to and encouraged in the process of healing by an author who is both witness and guide. This clearly written, insightful book not only teaches clinicians about trauma but also, equally important, teaches clinicians how to educate their patients about trauma.

Reshaped by recent developments in attachment theory, including the importance of cumulative stress over a lifetime, this compelling work retains the author's initial focus on attachment as he looks at trauma from two perspectives. From the psychological perspective, the author discusses the impact of trauma on emotion, memory, the self, and relationships, incorporating research from neuroscience to argue that trauma is a physical illness. From the psychiatric perspective, the author discusses various trauma-related disorders and symptoms: depression, posttraumatic stress disorder, and dissociative disorders, along with a range of self-destructive behaviors to which trauma can make a contribution.

Important updates include substantive and practical information on - Emotion and emotion regulation, prompted by extensive contemporary research on emotion -- which is becoming a science unto itself.- Illness, based on current developments in the neurobiological understanding of trauma.- Depression, a pervasive trauma-related problem that poses a number of catch-22s for recovery.- Various forms of self-destructiveness -- substance abuse, eating disorders, and deliberate self-harm -- all construed as coping strategies that backfire.- Suicidal states and self-defeating aspects of personality disorders.

The author addresses the challenges of healing by reviewing strategies of emotion regulation as well as a wide range of sound treatment approaches. He concludes with a new chapter on the foundation of all healing: maintaining hope.

This exceptionally comprehensive overview of a wide range of traumatic experiences, written in nontechnical language with extensive references to both classic and contemporary theoretical, clinical, and research literature, offers a uniquely useful guide for victims of trauma, their family members, and mental health care professionals alike.

Coping with Trauma: Hope Through Understanding By Jon G. Allen Bibliography

- Sales Rank: #449148 in Books

- Brand: Amer Psychiatric Pub
- Published on: 2004-10-20
- Original language: English
- Number of items: 1
- Dimensions: 1.06" h x 6.36" w x 8.96" l, 1.09 pounds
- Binding: Paperback
- 354 pages



[Download](#) Coping with Trauma: Hope Through Understanding ...pdf



[Read Online](#) Coping with Trauma: Hope Through Understanding ...pdf

Download and Read Free Online Coping with Trauma: Hope Through Understanding By Jon G. Allen

Editorial Review

Review

"This is a triumphant second edition for the best introduction to one of the most important topics in mental health. Allen's sophistication and grasp of an area of enormous complexity is matched only by his ability to communicate the depth of his understanding in an incisive, economical, and crystal clear way. The book is a remarkable feat of creative integration. It is quite simply the best book for presenting current ideas on trauma to anyone, from the intelligent lay reader to the student clinician to the most sophisticated practitioner."--
"Peter Fonagy, Ph.D., F.B.A., Freud Memorial Professor of Psychoanalysis and Director of the Sub-Department of Clinical Health Psychology at University College London; Chief Executive of the Anna Freud Centre, London, England; and Consultant to the Child and Family Program at the Menninger Department of Psychiatry at Baylor College of Medicine, Houston, Texas"

"Dr. Allen's understanding of the causes and effects of trauma, the detritus of the comorbid and ancillary difficulties that lie in its wake, and the potential for healing based on current approaches and new ones on the horizon make this volume a veritable treasure trove of state-of-the-art information and clinical wisdom.... This brilliant and compelling book leaves me feeling hopeful about the possibility for growth and generativity for those who have sustained trauma-and inspired by what contemporary psychiatry also offers to help them flourish."-- "From the Foreword by Kathryn J. Zerbe, M.D."

From the Inside Flap

Combining years of research, teaching, and experience treating trauma survivors, Dr. Jon G. Allen offers compassionate and practical guidance to understanding trauma and its effects on the self and relationships. *Coping With Trauma* is based on more than a decade of Dr. Allen's experience conducting educational groups for persons struggling with psychiatric disorders stemming from trauma. Written for a general audience, this book does not require a background in psychology. Readers will gain essential knowledge to embark on the process of healing from the complex wounds of trauma, along with a guide to current treatment approaches.

A respected researcher and educator of both trauma survivors and mental health professionals, Dr. Allen provides an insightful and informative resource that offers real hope in coming to terms with trauma. With an author who is both witness and guide, readers will be introduced to and encouraged in a process of healing that will reach the depth of wounds to the soul, mind, and body.

For clinicians, this compelling work includes broad discussions of trauma from both psychological and psychiatric perspectives. New developments in attachment theory have reshaped the whole book. Important updates from the first edition include new chapters on illness and depression, including suicidal states; self-defeating aspects of personality disorders and self-destructiveness; emotion and emotion regulation; and --most crucial -- maintaining hope, the foundation of healing.

This exceptionally comprehensive overview of a wide range of traumatic experiences offers a uniquely useful guide for patients, their loved ones, and mental health care professionals alike.

About the Author

Jon G. Allen, Ph.D., is a Professor in the Menninger Department of Psychiatry and Behavioral Sciences at the Baylor College of Medicine, and Senior Staff Psychologist at The Menninger Clinic.

Users Review

From reader reviews:

William Kelley:

Within other case, little men and women like to read book *Coping with Trauma: Hope Through Understanding*. You can choose the best book if you like reading a book. Given that we know about how is important any book *Coping with Trauma: Hope Through Understanding*. You can add know-how and of course you can around the world by the book. Absolutely right, simply because from book you can know everything! From your country until finally foreign or abroad you can be known. About simple issue until wonderful thing it is possible to know that. In this era, we can easily open a book or perhaps searching by internet device. It is called e-book. You should use it when you feel uninterested to go to the library. Let's learn.

Connie Nixon:

As people who live in the actual modest era should be update about what going on or data even knowledge to make these people keep up with the era that is always change and progress. Some of you maybe will certainly update themselves by reading through books. It is a good choice for you personally but the problems coming to you actually is you don't know what kind you should start with. This *Coping with Trauma: Hope Through Understanding* is our recommendation so you keep up with the world. Why, because book serves what you want and need in this era.

Lena Robertson:

This book *Coping with Trauma: Hope Through Understanding* to be one of several books in which best seller in this year, here is because when you read this e-book you can get a lot of benefit into it. You will easily to buy this book in the book retailer or you can order it through online. The publisher of this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Smart phone. So there is no reason for you to past this guide from your list.

Gary Collis:

As a college student exactly feel bored to reading. If their teacher asked them to go to the library or to make summary for some publication, they are complained. Just small students that has reading's soul or real their leisure activity. They just do what the trainer want, like asked to the library. They go to at this time there but nothing reading really. Any students feel that studying is not important, boring as well as can't see colorful photos on there. Yeah, it is to get complicated. Book is very important for yourself. As we know that on this age, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore

this Coping with Trauma: Hope Through Understanding can make you feel more interested to read.

Download and Read Online Coping with Trauma: Hope Through Understanding By Jon G. Allen #QNSHRWZX60F

Read Coping with Trauma: Hope Through Understanding By Jon G. Allen for online ebook

Coping with Trauma: Hope Through Understanding By Jon G. Allen Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Coping with Trauma: Hope Through Understanding By Jon G. Allen books to read online.

Online Coping with Trauma: Hope Through Understanding By Jon G. Allen ebook PDF download

Coping with Trauma: Hope Through Understanding By Jon G. Allen Doc

Coping with Trauma: Hope Through Understanding By Jon G. Allen MobiPocket

Coping with Trauma: Hope Through Understanding By Jon G. Allen EPub