



Experiential Treatment For PTSD: The Therapeutic Spiral Model

M. Katherine, Phd, TEP Hudgins

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"This book introduces something substantially new...original, clinically valid and well-thought out ideas which have been extensively tested in workshops conducted internationally over the last decade...a great book!"

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The author presents the Therapeutic Spiral Model (TSM), a systematic modification of Psychodrama, for therapists working with people who are suffering from severe trauma and posttraumatic stress disorder. A step-by-step guide for using experiential methods safely, the author first explains the theoretical foundations of TSM, research and theories on trauma, and experiential psychotherapy as a basis for understanding its development. Throughout, clinical action structures and advanced intervention modules for using experiential methods are presented. Each chapter contains active vignettes and case examples to demonstrate the process and progress of the spiral technique.

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