



# 101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

*Linda Curran Bcpc Lpc Cacd Ccdp*

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This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise.

Tools and techniques drawn from the most effective trauma modalities:

- \* Art Therapy
- \* CBT
- \* DBT
- \*\* EFT
- \* EMDR
- \* Energy Psychology
- \* Focusing
- \* Gestalt Therapy
- \* Guided Imagery
- \* Mindfulness
- \* Psychodrama
- \* Sensorimotor Psychology
- \* Somatic Experiencing and Movement Therapies

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