



# **First Stage Trauma Treatment: A Guide for Mental Health Professionals Working with Women (Women & Trauma)**

*Lori Haskell*

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While post-traumatic stress disorder (PTSD) has been recognized for some time, only recently have therapists begun to recognize and address complex post-traumatic stress responses in female clients who have a history of early or chronic abuse.

Most mental health service providers recognize the challenges in offering help when a client's problems seem complex and overwhelming, and they may be unsure of how first to intervene. *First Stage Trauma Treatment* provides a conceptual framework along with practical ideas and strategies. Readers will learn:

- about complex post-traumatic stress responses (including depression, self-harm and substance use)
- the importance of timing when addressing women's trauma experiences in therapy
- about the complex biopsychosocial context of women's trauma and its treatment
- the basic components of staged trauma treatment, with an emphasis on the first stage
- the specific tools and strategies to use when beginning this work.

Women experiencing complex PTSD may seek help at any number of services, so *First Stage Trauma Treatment* is written for a diverse audience: mental health and addiction service providers who actively treat women who have survived abuse, and allied caregivers who wish to understand more about the clients they serve.

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