



Cultural Competence in Trauma Therapy: Beyond the Flashback

Laura S. Brown

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Few of the excellent models that have been developed for working with trauma survivors take into account the complexity of an individual's unique background and experience. Even treatment for members of "special groups" often ignores the individual's multilayered identities—which may include age, social class, ethnicity, religious faith, sexual orientation, and immigrant status—in favor of a "one-size-fits all" approach.

Drawing on her extensive clinical experience and the latest research, Laura Brown shows therapists how to become more sensitive to individual identity when working with clients who have suffered trauma. The author explains how culturally sensitive therapists draw upon multiple strategies for treating patients and are aware of both dominant group privilege and of their own identity and culture.

The book has a practical focus and contains a variety of case studies illustrating how theoretical constructs can inform assessment and treatment.

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