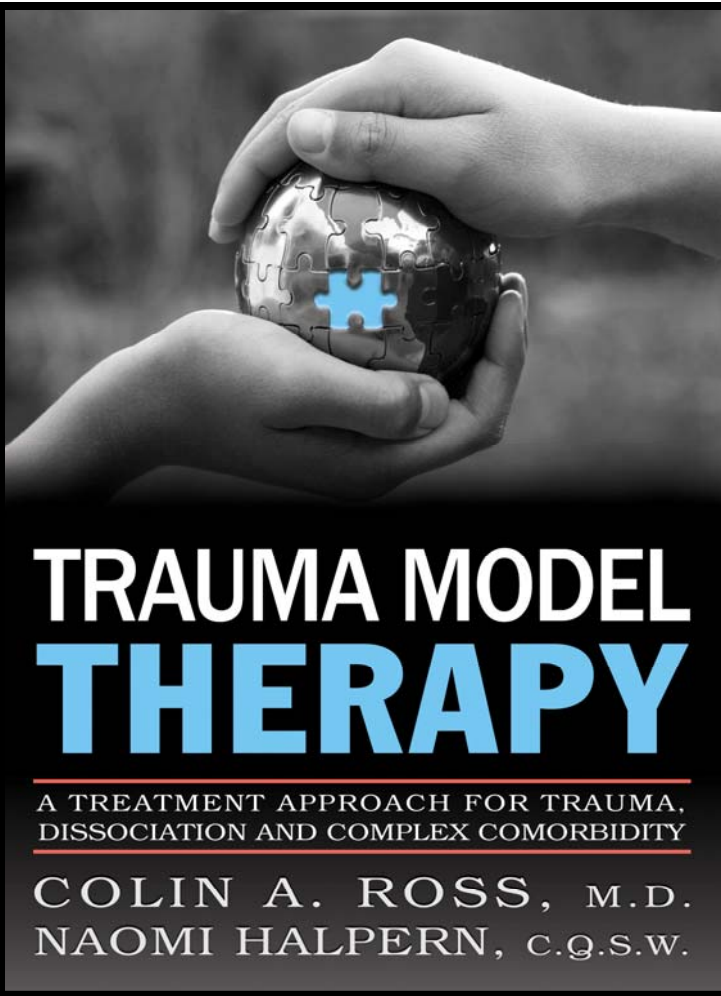


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Colin A. Ross, M.D. and Naomi Halpern, C.Q.S.W. have developed a new treatment manual for treating Trauma, Dissociation and Complex Comorbidity called: Trauma Model Therapy. It builds on a previous book, The Trauma Model by greatly expanding on the ideas and providing concrete, practical skills on the 'how to' of therapy. Trauma Model Therapy is written primarily for therapists, but can also be read by the general public. **The book provides hands-on techniques, strategies, and interventions** in two ways: through description and discussion and through transcripts of therapy conversations. The research, clinical interventions and ideas presented are a combination of the authors' experience, original ideas and a composite of the work of many prominent researchers, and clinicians in the field.

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This is a straightforward, very accessible book that covers in detail the theory, assessment, and treatment of severe dissociative disorders. The authors have spent many years studying and working with the effects of trauma, and it shows. Refreshingly devoid of unnecessary jargon, and relentlessly demystifying. Highly recommended!

John Briere, Ph.D; University of Southern California

Trauma Model Therapy: A Treatment Approach for Trauma, Dissociation and Complex Comorbidity, is a much-needed addition to the professional literature that is also accessible to the lay reader. Authors Ross and Halpern give cogent descriptions of dissociation, dissociative processes, and dissociative disorders and place them in the context of a trauma model. In addition to the practical discussion of the principles of treatment, specific techniques are presented in detail. It is this description of techniques with transcripts that sets this book apart. By studying this section and applying the techniques, practitioners will learn a great deal about how to approach and work with clients who dissociate. A very practical resource that I highly recommend.

Christine A. Courtois, PhD ; Christine A. Courtois, PhD & Associates, Washington, D C;

Co-Editor: *Treating Complex Traumatic Stress Disorders: An Evidence-Based Guide*; Author: *Healing the Incest Wound: Adult Survivors in Therapy*; *Recollections of Sexual Abuse: Treatment Principles and Guidelines*

For the therapist, newly acquainted to the tasks of assessing and treating patients with Dissociative Identity Disorder and Dissociative Disorder Not Otherwise Specified, Ross and Halpern's very readable, well structured book, complete with many useful lists and engaging illustrative verbatim clinical vignettes is the best starting point currently available. For the experienced therapist however there is much simply stated clinical wisdom and exploration of areas not usually included in other texts that will both challenge and invite thoughtful reflection e.g. "As a client, one can hide in the past to avoid the present, or hide in the present to avoid the past."

Adjunct Professor Warwick Middleton MBBS, FRANZCP, MD.; Director, Trauma and Dissociation Unit, Belmont Hospital, Brisbane, Australia; Fellow, International Society for the Study of Trauma and Dissociation.

Many clinicians have difficulty comprehending, assessing and treating survivors of chronic traumatization, including the implied dissociative organization of their personality. And, indeed, these endeavors are cognitively complex and emotionally demanding. Primarily written for therapists, but accessible to patients, friends, and relatives, Ross and Halpern's *Trauma Model Therapy: A Treatment Approach for Trauma, Dissociation and Complex Comorbidity* excels in presenting the main principles and methods of chronic trauma treatment in a fresh, most straightforward, and lucid manner. Enriched with many telling clinical vignettes, the book constitutes an instructive manual that guides the therapeutic dyad along the often long and winding road to recovery.

Ellert R.S. Nijenhuis, Ph.D; Top Referent Trauma Center, Mental Health Care, Drenthe, The Netherlands

Trauma Model Therapy: A Treatment Approach for Trauma, Dissociation and Complex Comorbidity is a comprehensive, clearly presented, guide to the treatment of persons with dissociative-spectrum disorders. The book integrates theoretical and empirical perspectives with clinical wisdom and sample therapist-client dialogue related to challenging aspects of treatment. Ross and Halpern use elementary language to describe complex concepts, consistently conveying current knowledge in the field and respect for client and therapist. The simplicity of the language and the orderly presentation illuminate work that has daunted many therapists. As one moves through this increasingly complex material, the artistry of the book grows more and more evident, as does the depth of expertise of the authors. Given the prevalence of dissociation among complex trauma clients, the book will serve as a resource for trauma work beyond the treatment of those with dissociative disorders. I recommend this book as a textbook for therapists new to the treatment of people with dissociation and complex trauma, and as a reference manual for all who want details or clarification of, or updates on, the entire range of specific aspects of treatment of dissociation. It is a welcome resource in the field.

Laurie Anne Pearlman, Ph.D.; Co-Author, *Risking Connection: A Training Curriculum for Working with Survivors of Childhood Abuse*

This is a book that many clinicians and psychotherapy researchers have been waiting for. *Trauma Model Therapy: A Treatment Approach for Trauma, Dissociation and Complex Comorbidity* is an important step towards the articulation of a treatment protocol for dissociative and personality disordered survivors of childhood trauma. At last, psychotherapists and researchers alike are offered clear, rationale- and theory-based, guidelines that come as close as possible to a much needed therapy manual. Ross and Halpern not only delineate concrete intervention suggestions that will encourage uninitiated clinicians to work with suffering survivors, but they also present a comprehensive psychotherapy model that could be adapted for standardized research purposes.

Eli Somer, Ph.D.; University of Haifa, Israel; President, European Society for Trauma and Dissociation



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