

Trauma Recovery - Sessions With Dr. Matt

Narratives of Hope and Resilience for Victims with PTSD

Matt E. Jaremko, Beth Fehlbaum

Trauma Recovery: Sessions with Dr. Matt conveys hope and resilience for trauma victims. Written by a psychologist with 35 years of clinical experience, and a survivor of childhood sexual abuse. Between compellingly-written scenes of group, individual and family therapy, the cognitive-behavioral science of PTSD and its treatment is explained. The book movingly describes the collaboration between therapist and clients as they strive to get unstuck from trauma-ravaged lives. Reluctant trauma victims who have avoided treatment or who are having trouble processing life's catastrophes will find in these pages a "fly-on-the-wall" perspective of how therapy can help. The book will also inform motivated patients by providing a thorough, scientifically-sound understanding of PTSD. This book should be in every trauma therapist's office and placed in the hand of each of their PTSD patients.

Author Bio

Matt Jaremko taught clinical psychology at universities throughout his career and ran an independent practice of clinical psychology for over 25 years. He engaged in stress and trauma research, publishing in over 30 journals. He lives in Dallas, Texas with his wife.

Online: [Facebook](#), [Author Website](#), [Blog](#)

Beth Fehlbaum is a survivor of Childhood Sexual Abuse, and an award-winning author. She has taught English for 20 years. She regularly visits high schools to share her story of abuse and her journey to recovery with Dr. Jaremko. She lives in East Texas.

Online: [Author Website](#), [Blog](#)

Previous Titles

Cognitive-Behavioral Reflections on Some Dimensions of Personality (9780819109248), University Press of America, 1980.

Endorsements

This book is remarkable. You have brought the patients' experiences to life at the same time you're teaching about the conditions and ways to cope. I'm not just moved by the patient profiles and stories, but I can feel them; that's something the manuals completely lack - not just clinical pearls but the experience of the patient on all levels...this is a book about hope.

Anne Marie Albano, Ph.D., Professor of Medical Psychology, Columbia University Medical School

Promotional Plans

Author website, articles, reviews, blog tour. Social media promotion. Speaking at conferences. Psychology podcast and radio interviews.

Competing Books

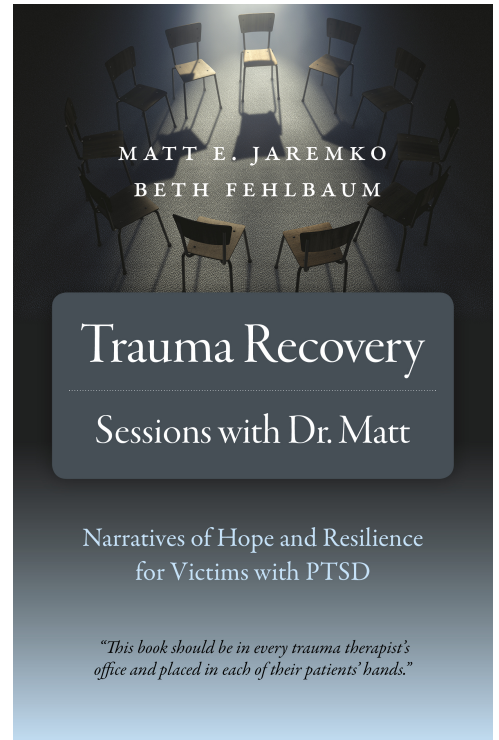
Trauma and Recovery: The Aftermath of Violence 9780465061716, by Judith Herman Basic Books, 2015

Categories

SELF-HELP (General)(SEL043000) -> Post-Traumatic Stress Disorder (PTSD)(SEL043000)

PSYCHOLOGY (General)(PSY010000) -> Psychotherapy (General)(PSY010000) -> Counseling(PSY010000)

BODY, MIND & SPIRIT (General)(OCC019000) -> Inspiration & Personal Growth(OCC019000)



Publication Date
December 2018

Paperback

ISBN: 978-1-78535-888-3
\$38.95 | £23.99
8.5x5.5 inches | 216x140 mm
512PP

e-book

ISBN: 978-1-78535-889-0
\$18.99 | £11.99

Library of Congress
2017957393

Distributed to the trade by National Book Network in US; by Orca Marston in UK
Publisher contact: beccy@jhpbooks.net
ayni-books.com

