



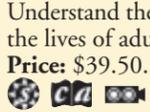
# BACK PAGE

## Videos

**Meeting at the Crossroads**, Wisconsin Bureau of Community Mental Health. Learn about the importance of collaboration between public agencies – a must for all mental health and domestic violence/sexual assault providers and legislators. **Code:** WIME. 27 min. **Price:** \$39.95.



**Counting the Cost: The Lasting Impact of Childhood Trauma**, van der Kolk. Understand the impact of early trauma on the lives of adults. **Code:** CACC. 30 min. **Price:** \$39.50.



**Severe Early Trauma**, van der Kolk, Calof, Dolan, and Elliott. Evidence-based guidelines for therapy on interrelated and complex effects of childhood trauma. **Code:** KOSE. **Price:** 2 Video Set: \$275.00 (Save \$55.00). **Part I: The Long-Term Effects. Part II: Therapy for Adult Survivors.**



**Recovering From Traumatic Events: The Healing Process**. Recovering survivors and their therapists discuss the healing process. **Code:** GIRE. **Price:** \$30.00.



**Success Stories: Healing From Childhood Trauma**, Saakvitne & Pearlman. This client education video recounts the healing journeys of five trauma survivors. **Code:** SSHE. 30 min. **Price:** \$39.50.



**Understanding Self Injury: A Guide for Trauma Survivors**, Briere, Calof and Miller. Helps clients see behaviors as adaptations to overwhelming pain. **Code:** CAUS. 30 min. **Price:** \$39.50. (Accompanying *Work Book*, **Code:** TRUS. **Price:** \$13.00.)



**The Ask™ Program**, Power. **Part I: Taking Charge of Change**, Learn the skills needed to manage change and live a higher quality of life. **Code:** POTV. 25

min. **Price:** \$39.95. **Part II: The Trouble with Feelings**, Learn about feelings, how we respond to them, and tips on managing them. **Code:** POWV. 42 min. **Price:** \$39.95. **Part III: Boundaries, Precious Boundaries**, What are boundaries, how to identify normal and problem boundaries, and what to do to change them. **Code:** POBP. 48 min. **Price:** \$39.95.



**Complex PTSD in Children**, van der Kolk, Silberg, and Waters. **Code:** SICO. **Price:** Two Video Set: \$225 (Save \$25.00). **Part I: Etiology, Assessment, Advocacy**, Learn child trauma symptoms and specialized assessment. **Part II: Therapeutic Interventions**, Child safety grounding techniques and useful therapeutic modalities. Includes play, talk, art, and group therapy.



**Numbing the Pain**, Najavits, Abueg, and Brown. Explores the function of substance abuse in trauma survivors' lives and the challenges and benefits of therapy. **Code:** CANU. 30 min. **Price:** \$39.50.



**Successful Trauma Therapies**, Saakvitne. Explores successful trauma therapies, including the RICH model from Risking Connection. **Code:** SASU. **Price:** 2 Video Set: \$225.00 (Save \$25.00).



**True/Not True: When Memories Can Be Trusted**, van der Kolk. Leading researcher, Bessel van der Kolk, speaks lucidly and eloquently about how people remember extraordinary trauma. **Code:** VACA. 31 min. **Price:** \$39.50.

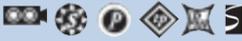


**Walking Miracles**, Gabbard, Gutheil, Gartrell, Kluft, Pearlman, and Pratt. The stories of six survivors of child sexual abuse. **Code:** DAWA. 45 min. **Price:** \$35.00 individuals/\$75.00 institutions.



## Course Adoption

**Unspeakable Truths and Happy Endings: Human Cruelty and the New Trauma Therapy**, Rebecca Coffey. Explores the effects of survivors' stories on compassionate listeners, including therapist, friends, family and survivors themselves, using the tales of 15 survivors of catastrophic human cruelty. **Code:** COUN. 248 pp., paperback. **Price:** \$26.95.



**Secondary Traumatic Stress: Self-Care Issues for Clinicians, Researchers and Educators, 2nd edition**, B. Hudnall Stamm, Editor. Some of the best thinkers in the trauma field address the prevention and treatment of secondary traumatic stress. **Code:** STSS. 384 pp., paperback. **Price:** \$22.50.



**The Dissociative Child: Diagnosis, Treatment and Management**, Joyanna Silberg, Editor. This groundbreaking book addresses all aspects of caring for the dissociative child and adolescent. A chapter is devoted to ways school personnel can help the dissociative child. Introduces school-based mental health services concepts. **Code:** SIDC. 400 pp., cloth. **Price:** \$45.00.



## Music

*A stirring CD, inspired by the vision and courage of trauma survivors.*



**Legacy: Songs for Survivors** Lyricist Judith Remet and Singer/Composer Mary Juneau have collaborated to produce *Legacy: Songs for Survivors*, a 10-song tribute to the resilience of the human spirit. By fusing rhythm and lyrics, they offer powerful glimpses into the shadows and the extraordinary individuals who have transcended the darkness there. **Code:** CLLE. 36 min., CD. **Price:** \$16.00.

**Cleaning Lady Chronicles: Safe Place/Healing Space** The Cleaning Ladies' gentle voices and stirring prose, enhanced by delicate music, guide you effortlessly to a place of deep relaxation and healing – a powerful therapeutic tool. **Code:** CLSA. Cassette. **Price:** \$12.00.

## Coming Soon.....



**The Twenty-Four Carat Buddha** is a collection of twenty-four fables, each touching on a theme of human growth and development. Some stories address the challenge of being true to oneself in the face of external pressures and demands, while others deal with issues of loss and disappointment. Whether used as a self-help tool alone or with someone else, the stories in this collection allow us to think about ourselves in new ways, with little of the self-consciousness of many self-help volumes.

Author Maxine Harris, Ph.D., shares her observations and thoughts about each of the stories in the appendix, which also includes a series of introspective questions for the reader.

**Audience:** Although intended for adult readers, the stories resonate with many of the struggles of adolescence. The playful tone of many of the entries makes them suitable for reading with younger children. **Anticipated Publication Date:** Summer 2003.

## In This Issue

TOPICS

Best Sellers.....	2
Children's Books.....	2
Closeouts & Specials .....	4
Course Adoption Publications.....	4
Music.....	4
Order Form.....	3
Research & Measurements.....	2
Videos.....	4
We Also Recommend (Great Books from Other Publishers).....	3

## SPRING SPECIALS

**Soldier's Heart: Survivors' Views of Combat Trauma**, Sarah Hansel, Ann Steidle, Grace Zaczek, and Ron Zaczek, Editors. A first-of-its-kind compilation of original poetry, prose, and art by veterans of World War II and Korean, Vietnam and Desert Storm wars with combat induced trauma disorders. Excellent course adoption tool. **Code:** HASH. 241 pp., paperback. **Price:** \$19.95 **\$14.95**



**How to Choose a Therapist**, Sidran Institute. The process of choosing a therapist takes time, thought and focus. This handbook assists people who have been traumatized (and their partners/families) through the process of choosing a therapist who works from an environmental framework or "trauma model." **Code:** HTCT. 10 pp., booklet. **Price:** \$4.00 **Free** with purchase.



Sidran Foundation for Mental Illness  
200 East Joppa Road, Suite 207  
Baltimore, MD 21286

Traumatic Stress  
Education, Publications & Resources

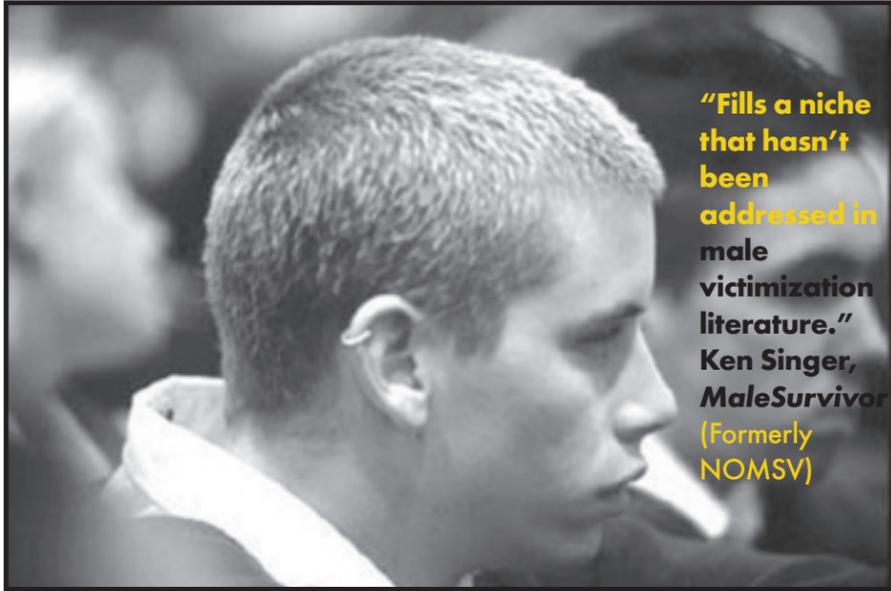


Circulate:


Postmaster: If undeliverable as addressed  
please deliver to Mental Health Department.

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
ROCHESTER, NY  
PERMIT 321



**"Fills a niche that hasn't been addressed in male victimization literature."**  
**Ken Singer, MaleSurvivor (Formerly NOMSV)**

### What They Are Saying:

◆ "This book belongs on every clinician's bookshelf! Although written primarily for treating male victims, it is equally useful in managing sexual issues of male and female clients...Bravo to Preble and Groth!"  
 – **Ann W. Burgess, R.N., D.N.Sc.,**  
 Professor of Psychiatric Nursing,  
 Boston College

◆ "...Fills a niche that hasn't been addressed in the male victimization literature."  
 – **Ken Singer, LCSW,**  
 Past President, *MaleSurvivor*

◆ "...A valuable resource for clinicians beginning to work with this undertreated population, it would also make an excellent text for undergraduate and graduate courses in sexuality and gender."  
 – **Richard B. Gartner, Ph.D.,**  
 President, *MaleSurvivor*  
 Author of *Betrayed as Boys: Psychodynamic Treatment of Sexually Abused Men*

◆ "Preble and Groth employ clear, down-to-earth language and accessible metaphors, making this book a useful tool – especially for counselors and therapists who are new to working with male survivors of boyhood sexual victimization."  
 – **Mike Lew**  
 Author of *Victims No Longer* and *Leaping Upon the Mountains: Men Proclaiming Victory Over Sexual Child Abuse*

◆ "Amazingly the sexual aspects of sexual abuse have been downplayed in the past two decades. Emphasis has been placed instead on the dynamics of aggression in sexual abuse...John Preble and Nick Groth now are restoring the missing dynamic by 'putting the sex back into sexual assault.'"  
 From the Foreword,  
 – **Suzanne M. Sgroi, M.D.,**  
 Director, New England Clinical Associates

## MALE VICTIMS OF SAME-SEX ABUSE

*New Book by John Preble and Nick Groth Tackles Same-Sex Abuse of Men*

**T**here has never been a time when there was a greater need for clear information about the sexual abuse of boys. Yet the sexual victimization of boys and men remains a taboo subject. Resources for – and about – this neglected population are still difficult to find.

Now John M. Preble & A. Nicholas Groth have developed a guide and accompanying assessment tool aimed at reducing the stigma and increasing the understanding of sexual trauma in men – *Male Victims of Same-Sex Abuse: Addressing Their Sexual Response* (Sidran Press, December 2002).



Why is this book so important? To date, most university training programs have not presented useful information on these subjects. Few workshops or staff development programs offer practical information on working with issues of male sexuality, the sexual assault of males, or the sexual dynamics of male sexual victimization.

Both Preble and Groth are clinicians who, together, have 40 years of experience with male victims and perpetrators of sexual assault. They tackle tough, important topics like: how to determine whether the sexual victim has been traumatized, various offender techniques and strategies, the victim's resulting altered sexual activities, and why male victims do not report abuse. *Male Victims of Same-Sex Abuse* is a crisp, no-nonsense handbook

that clarifies male sexuality and the dynamics of sexual assault.

According to Suzanne M. Sgroi, M.D., director of New England Clinical Associates, "*Male Victims of Same-Sex Abuse* will be helpful to every clinician who works with male victims of sexual assault." She continues, "Indeed, it will be helpful to all clinicians who work with male clients in any type of therapeutic setting (whether or not sexual victimization is the focus of the therapy)."

### Order Info:

**Title:** Male Victims of Same-Sex Abuse: Addressing Their Sexual Response  
**Authors:** John M. Preble and A. Nicholas Groth  
**Order Code:** PRMA  
**Price:** \$17.95  
**Format:** Paperback  
**Number of Pages:** 128

Mike Lew, author of *Victims No Longer* and *Leaping Upon the Mountains: Men Proclaiming Victory Over Sexual Child Abuse*, agrees, "Preble and Groth employ clear, down-to-earth language and accessible metaphors, making this book a useful tool – especially for counselors and therapists who are new to working with male survivors of boyhood sexual victimization."

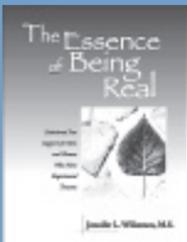
**Audience:** Though written for professional therapists and counselors, this book is a must read for all frontline professionals, social workers, rape crisis counselors, clinicians, clergy and legal professionals working with male victims of sex abuse.

**Companion Workshops Available:** *Working with Male Victims of Trauma* and *Working with Shame and Anger*.

## New Guide for Starting and Running Peer Support Groups

### The Essence of Being Real

**"A powerful and useful new tool for starting and running peer support groups."**



**T**he *Essence of Being Real: Relational Peer Support for Men and Women Who Have Experienced Trauma* (Sidran Press, 2002) is a guide to creating safe peer-group environments for trauma survivors who need to establish trust, experience safety, and make meaningful, healthy connections.

In the past, when working with victims of trauma, there has been a tendency to overlook what is already working, what is already healed, and what is already strong

in a person's life. This new book by Therapist Jennifer Wilkerson adopts a relation-based, inclusive approach that relies heavily on the belief that every person who has experienced trauma can help others. Part manual, part inspirational guide, *The Essence of Being Real* provides the information and instruction trauma survivors need to make a powerful difference in their communities through peer support.

This clear, easy-to-follow guide walks the reader through the entire process of starting and running peer support groups. The closing chapters include hints for facilitators and sample group topics and questions. The handy workbook format makes it useful to have a copy for each support group you run.

**Audience:** For trauma survivors who want to start a peer support group in their community; for use in conjunction with pre-existing support groups that deal with trauma and related issues (e.g., substance abuse, domestic violence, rape, eating disorders, anxiety, terrorism, depression, etc.); for anyone who is involved in starting or running peer support groups, including mental health care professionals in settings such as community mental health centers, programs for substance abuse, addiction

and recovery, domestic violence agencies, sexual assault centers, correction facilities, hospitals, and other organizations providing mental health services to trauma survivors.

**Companion Workshops Available:** *The Essence of Being Real: Relational Peer Support for Men and Women Who Have Experienced Trauma; Working with Male Victims of Trauma; Working with Shame and Anger* and *Understanding the Effects of Traumatic Stress* – for additional information, contact Sidran at 410.825.8888 or [training@sidran.org](mailto:training@sidran.org).

### What They Are Saying:

◆ "... A sensitive, insightful, and hope-driven book that will undoubtedly help survivors of trauma find courage and inspiration in reestablishing connection to themselves and others."  
 – **Laura Davis**  
 Author, *The Courage to Heal*

◆ "... Offers us all a compassionate and mindful understanding of trauma and provides survivors with a roadmap to recovery."  
 – **Ira H. Minot**  
 Publisher, *Mental Health News*

### Order Info:

**Title:** The Essence of Being Real  
**Author:** Jennifer L. Wilkerson  
**Order Code:** SIGE  
**Price:** \$14.95  
**Format:** Paperback  
**Number of Pages:** 54

### About Sidran Institute

Sidran Institute is the nation's leading provider of traumatic stress education, publications, resources and training. Founded in 1986, Sidran is a national nonprofit organization dedicated to supporting people with traumatic stress conditions, providing education and training on treating and managing traumatic stress, providing trauma-related advocacy, and informing the public on issues related to traumatic stress. Sidran is also a leading traumatic stress publisher.

### Sidran Press

Sidran Press is the publishing division of Sidran Institute – publishing professional, educational and reference titles, videos and programs on traumatic stress. All proceeds from Sidran Press sales support Sidran Institute's resource, education and training programs.

# From Sidran Press

## Best Sellers

### Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress,

Elizabeth G. Vermilyea. A self-management workbook that teaches skills that empower survivors to take control of and de-escalate trauma-related symptoms. Developed with

input from survivor advocates in Maine, New York and Maryland, this toolkit is both comprehensive and flexible.

Survivors, victims, mental health professionals and group facilitators will all benefit

from *Growing Beyond Survival*. **Code:** VEGB. 190 pp., workbook.

**Price:** \$24.95.



### Managing Traumatic Stress Through Art: Drawing from the Center,

Barry M. Cohen, Mary-Michola Barnes, and Anita B. Rankin. Inventive ways to understand, manage and transform the aftereffects of trauma, through carefully structured, step-by-step art projects with tear-out images and writing experiences. **Code:** COMT. 192 pp., workbook. **Price:** \$22.95.



### Multiple Personality Disorder from the Inside Out,

Barry Cohen, Esther Giller, and Lynn W., Editors. Evidence-based guidelines for therapy on interrelated and complex effects of childhood trauma. **Code:** CGMP. 272 pp., paperback.

**Price:** \$18.95.



### Risking Connection: A Training Curriculum for Working with Survivors of Child Abuse,

Karen Saakvitne, Sarah Gamble, Laurie Anne Pearlman, and Beth Tabor. *Risking Connection* is the only basic trauma curriculum especially designed for frontline public agency staff. It provides a contextualized understanding of the long-term effects of childhood trauma, helps professionals develop collaborative assessment tools, increases understanding of the trauma etymology, and uses the RICH (Respect, Information, Connection and Hope) model to help trauma professionals develop treatment goals, keep a trauma framework, stay grounded while working with dissociation, and manage vicarious traumatization. *Risking Connection* has been enthusiastically received by: substance abuse treatment centers, domestic violence

agencies, sexual assault centers, corrections facilities, developmental disabilities support agencies, private hospitals and individual therapists. Also available are companion one-day Introduction and three-day *Risking Connection Training programs and a Teaching Manual*. **Code:** TRRC. 269 pp., including forms, handouts and worksheets.

**Price:** \$75.00



### Understanding the Effects of Traumatic Stress,

Sidran Press. This manual offers clear, concise definitions and explanations for frontline staff on issues related to treating traumatic stress, including: coping and adaptation skills, assessment, treatment planning, client self-regulation skills, and therapist self-care. Also includes: self-regulation tools, reading list, psychological testing tool, and a symptom/crisis management plan. **Code:** SIUN. 36 pp., manual. **Price:** \$12.00



### The Way of the Journal,

Kathleen Adams. This journal teaches ten fundamental journal-keeping skills for those in treatment for a variety of emotional difficulties, particularly people with traumatic stress conditions. All of the exercises can be completed in less than 30 minutes, providing the user with a concrete sense of progress and accomplishment. The workbook assists clients and their therapists in identifying which techniques work best for them in their ongoing journal therapy. **Code:** ADWJ. 85 pp., workbook.

**Price:** \$18.95 (Bulk discounts available.).



### Vietnam Wives: Facing the Challenges of Life with Veterans Suffering Posttraumatic Stress (Second Edition),

Aphrodite Matsakis. *Vietnam Wives* specifically addresses the changes in the lives of combat veterans and their families as they face the additional stresses of midlife events. In addition to explaining PTSD and examining its causes and symptoms, including physical abuse, suicide attempts, flashbacks and others, Matsakis also discusses the devastating effects. This book looks at how Vietnam wives and spouses of all combat veterans can seek help for their families, while providing compassionate support and pointing the way to recovery. **Code:** MAVW. 440 pp., paperback. **Price:** \$24.95.



### Transforming the Pain: A Workbook on Vicarious Traumatization,

Saakvitne and Pearlman. This workbook defines and describes the process of vicarious traumatization (VT), an inescapable effect of trauma work. It includes self-assessment worksheets, guidelines, and exercises and provides new skills and tools for addressing VT and improving self-care. **Code:** SPTP. 159 pp., workbook. **Price:** \$17.00



## Publisher's Block

Sidran Institute, 200 East Joppa Road, Suite 207, Baltimore, MD 21286, publishes Trauma Bookshelf quarterly. Additional copies available upon request.

**Publisher**  
Esther Giller  
President and CEO

**Associate Publisher/Senior Editor**  
Jim Schmidt  
Vice President and COO

**Managing Editor**  
Denise Gary  
Marketing/Communications Director  
[denise.gary@sidran.org](mailto:denise.gary@sidran.org)

**Production & Design**  
Judy Kreitzer  
Graphic Designer  
[jakamp@rcn.com](mailto:jakamp@rcn.com)

© 2003. Sidran Institute. All Rights Reserved.

= Companion Training

= Course Adoption

= Parent Partner

= Policy Maker

= Survivor

= Sidran Institute

= Training Professional

= Video

## Research & Measurement Tools

**Trauma Research Methodology**, Eve Bernstein Carlson, Editor. This guide walks investigators through the research process from literature search to publication submission – a must for anyone interested in conducting research in the trauma field. **Code:** CATR. 296 pp., paperback. **Price:** \$18.95.



### Dissociative Features Profile (DFP),

Joyanna Silberg. This Instrument helps identify dissociative pathology in children and adolescents – developed for use with a typical psychological battery. The packet includes five copies and a reference guide that explains the scoring principals. **Code:** DFP. Folder. **Price:** \$12.00.



### Dissociative Experiences Scale (DES),

Eve Bernstein Carlson and Frank Putnam. A brief self-report measure of the frequency of dissociative experiences, developed to provide a reliable, valid and convenient way to quantify dissociative experiences.

Available in 14 languages, call for information 410.825.8888. The packet includes five copies, a user's manual, and reference lists. **Code:** DES. Folder. **Price:** \$12.00



### Adolescent Dissociative Experiences Scale (A-DES),

Judith Armstrong, Frank Putnam, and Eve Bernstein Carlson. This

version of the DES is developed specifically for adolescents (ages 10-21). The A-DES is currently available only in English. The packet includes five copies, a user's manual, and reference lists.

**Code:** A-DES. Folder. **Price:** \$12.00.



### PTSD Screening Forms for Parents and Children (CROPS/PROPS & LITE),

Ricky Greenwald. **Code:** SET. Folders. **Price:** \$20.00.

**CROPS (Child Report of Posttraumatic Symptoms) PROPS (Parent Report of Posttraumatic Symptoms)**. These instruments provide a quick, easy, and convenient way to screen for children's posttraumatic symptoms, with or without identified trauma. For children (ages 6-18) and their parents/guardians. **Code:** CROP. Folder. **Price:** \$12.00.

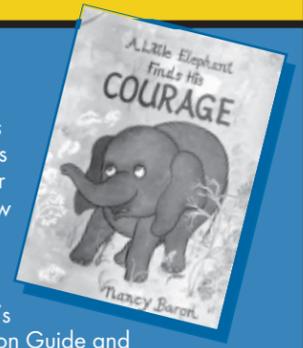
**LITE-S/LITE-P (Lifetime Incidence of Traumatic Events)**. These instruments cover a broad range of potential trauma and loss events and help estimate the emotional impact, both at the time of occurrence and the present. For children (grades 3 and up) and their parents/guardians. **Code:** LITE. Folder. **Price:** \$12.00.



## Children's Books

### A Little Elephant Finds His Courage

Nancy Baron explores the most traumatic childhood experience – a parent's death – in *A Little Elephant Finds His Courage*, a wonderful tale of discovery. When Baba's father disappears in a fire, he sets out looking for food for his pregnant mother and finds friends, courage and a new extended family. Though written to help small children cope with loss, reading and discussing this story is helpful for all children – big and small. Sybil Wettasinghe's full-color illustrations help convey the story's message of hope. The book includes a separate Discussion Guide and list of recommended art projects. Bulk discounts available. **Code:** BALL. 44 pp., paperback. **Price:** \$19.95.



### Something Bad Happened: A Series of Six Creative Books for Healing Posttraumatic Stress,

Debra Whiting Alexander. These creative coloring books are designed for children (ages 4-10) who are in treatment and recovery from stress due to violence, crime, abuse and/or trauma. Written from a child's perspective, they are open-ended so the child's experiences can be easily integrated. Children will find these books reassuring and will be able to express themselves through the art exercises. **Code:** ALSO. Set of six, paperback. **Price:** \$25.00.

### The Way I Feel: Creative Books for Healing From Posttraumatic Stress,

Debra Whiting Alexander. These six creative books are designed for teens (ages 11-17) who have been direct or secondary victims of trauma. Each story is open-ended so that individual experiences may be easily integrated and is intended to normalize reactions in a non-threatening way. Readers are encouraged to describe their feelings and experiences. Each book includes a guide for parents, teachers or counselors. **Code:** ALWF. Set of six, paperback. **Price:** \$25.00.

### In The Silver Boat, A Fantasy Journey Helps Children Heal

*The Silver Boat*, Ann Adams, is a magical, beautifully illustrated fairy tale that will delight children of all ages. It describes the journey that all of us must take in order to leave our pain behind. This tale of empowerment teaches the lesson that the power lies within the "little girl," herself, to overcome her fears, conquer the dragon, and achieve her dreams. **Code:** ADSB. 36 pp., paperback. **Price:** \$12.95.

#### Silver Boat Coloring Book

**Code:** ADCL. 20 pp., paperback. **Price:** \$9

#### Silver Boat Poster

**Code:** ADPS. Poster. **Price:** \$10.

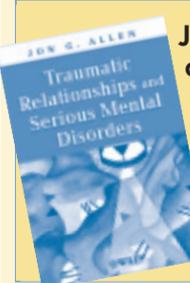
#### Silver Boat II: The Journey

**Code:** ADSI. 25 pp., paperback. **Price:** \$12.95.

# We Also Recommend

Great books from favorite authors

The Sidran Press editorial team annually reviews and recommends a select group of trauma publications from other publishers for inclusion in your trauma library. For your convenience, they can be ordered below. Following are our choices for the first quarter 2003:



**Jon Allen discusses treatment methodologies and sheds light on the long-term management issues in trauma care.**

**Allen Clarifies the Relationship Between Trauma and Serious Psychiatric Disorders**  
Menninger Clinic Senior Staff Psychologist Jon G. Allen explains the impact of trauma on a wide range of psychiatric disorders, as well as the rationale for trauma treatment, in his newest trade paperback, *Traumatic Relationships and Serious Mental Disorders* (John Wiley & Sons). Allen discusses a range of trauma-related psychiatric disorders, including posttraumatic stress, dissociative, and other disorders. He provides a framework for developing and managing treatment and prevention programs for these and other serious problems. A final chapter helps therapists reduce their own mental health risks by providing guidance on staying healthy. **Audience:** Psychologists, psychiatrists, nurses, therapists, counselors, researchers, professors, social workers, and other trauma professionals. **Companion Workshop Available:** *Understanding the Effects of Traumatic Stress*. For training information, call: 410.825.8888 or write: [training@sidran.org](mailto:training@sidran.org). Code: ALTR. 382 pp., paperback. **Price:** \$65.00.

**In Does Stress Damage the Brain? Understanding Trauma-Related Disorders from a Neurological Perspective** (W.W. Norton), J. Douglas Bremner, director of Emory University's Center for Positron Emission Tomography, asserts that extreme stress may result in lasting damage to the brain. Bremner's lab work on dissociation in Vietnam veterans and his studies of sexually abused women make convincing arguments. Overall, the tone is relaxed and conversational; however, lay readers might have difficulty understanding some of the complex terminology and concepts. **Audience:**

Psychiatrists, therapists, counselors, psychologists, researchers, professors, social workers, and other trauma professionals. Code: BRDO. 276 pp., hardcover. **Price:** \$30.00.



**Compassion Fatigue, Secondary Stress, Burnout... Here's How to Recognize and Treat It** *Treating Compassion Fatigue* (Brunner-Routledge), from traumatology pioneer Charles Figley, clarifies the concept of compassion fatigue. In the wake of several national tragedies, understanding and treating secondary stress is becoming increasingly important. Figley deftly addresses this and other related issues including theory, research, and treatment. **Audience:** Therapists, counselors, psychologists, psychiatrists, nurses, trauma specialists, researchers, social workers, and other healthcare professionals who work with traumatized individuals. **Companion Workshop Available:** *Addressing Vicarious Traumatization and Burnout*. For training information, call: 410.825.8888 or write: [training@sidran.org](mailto:training@sidran.org). Code: FITR. 218 pp., hardcover. **Price:** \$39.95.

**Greenwald Relates Childhood Trauma to Conduct Disorder** Noted child psychologist Ricky Greenwald addresses the connection between childhood trauma and juvenile delinquency, in *Trauma and Juvenile Delinquency: Theory, Research, and Interventions* (Haworth Press). He addresses key topics, including: how trauma relates to conduct disorder; therapeutic interventions for juvenile delinquents; ways to assess PTSD in adolescents; the trauma histories of incarcerated girls and the problems they have adjusting to life within the juvenile justice system; and how to develop group therapy services for incarcerated male juvenile offenders with PTSD. **Audience:** Professional therapists and counselors, this book is a must read for all frontline professionals (e.g., social workers, clinicians, clergy, and legal professionals) working with juvenile delinquents, as well as parents of juvenile delinquents. **Companion Workshop Available:** *Trauma's Role in Juvenile Delinquency: Implications for Treatment*. For training information, call: 410.825.8888 or write: [training@sidran.org](mailto:training@sidran.org). Code: GRTR. 264 pp., paperback. **Price:** \$34.95.

**Explore How Front-Line Practitioners Responded to the September 11 Terrorist Attacks**

In *Trauma Practice in the Wake of September 11, 2001* (Haworth Press), Editors Steven N. Gold and Jan Faust explore the impact on the September 11 terrorist attacks on trauma practice in America. Articles on: practitioners' responses; the psychology of terrorism; the traumatic impact; ways practitioners can help children, adolescents and adults cope with the aftermath; and dealing with compassion fatigue are included. **Audience:** Therapists, counselors, psychologists, psychiatrists, trauma specialists, researchers, social workers, and other professionals who work with survivors of trauma. **Companion Workshops Available:** *Addressing Vicarious Traumatization and Burnout* and *The Essence of Being Real: Relational Peer Support for Men and Women Who Have Experienced Trauma*. For training information, call: 410.825.8888 or write: [training@sidran.org](mailto:training@sidran.org). Code: GOTR. 165 pp., paperback. **Price:** \$24.95.

**Target Treatment Objectives and Guide to 65 PTSD Symptoms**

In *Treating Psychological Trauma and PTSD* (Guilford Press), Editors John Wilson, Matthew Friedman, and Jacob Lindy identify 65 PTSD symptoms contained within five (rather than the traditional three) symptom clusters – spelling out 80 target objectives for treatment, using 11 different psychotherapeutic approaches. The text also includes: acute posttraumatic interventions, cognitive-behavioral approaches, pharmacotherapy, group psychotherapy, and psychodynamic techniques. **Audience:** Clinicians, students, and researchers in psychiatry, psychology, social work, counseling, and related fields. **Companion Workshop Available:** *Assessment and Treatment Planning for Trauma Disorders*. For training information, call: 410.825.8888 or write: [training@sidran.org](mailto:training@sidran.org). Code: WITR. 443 pp., hardcover. **Price:** \$48.00.

**Williams and Sommer Unveil New Strategies for Treating Simple and Complex PTSD**

Mary Beth Williams and John F. Sommer, Jr., provide clinical practice techniques for treating simple and complex PTSD in their latest paperback, *Simple and Complex Post-Traumatic Stress Disorder: Strategies for Comprehensive Treatment in Clinical Practice* (Haworth Press). Their new book addresses concerns about the efficacy of

critical-incident stress debriefing, examines the value of a variety of innovative treatment methods, and explores the differences between treating complex PTSD and the aftermath of a one-time traumatic event. **Audience:** Clinicians, students, and researchers in psychiatry, psychology, social work, counseling, and related fields. Code: WITR. 443 pp., hardcover. **Price:** \$48.00.

**Healing the Incest Wound**

Christine A. Courtois provides the information and guidelines therapists need to help people who were abused incestuously as children, in *Healing the Incest Wound* (W.W. Norton). She sensitively discusses the symptoms; short-term and long-term effects; diagnosis process; how to identify incest in a client's past; and the issues and strategies of therapy for individuals, groups, couples, and families – includes Incest History Questionnaire. **Audience:** Therapists, counselors, psychologists, psychiatrists, trauma specialists, researchers, social workers, and other professionals who work with childhood abuse victims. **Companion Workshop Available:** *Risking Connection: A Training Curriculum for Working with Survivors of Child Abuse*. For training information, call: 410.825.8888 or write: [training@sidran.org](mailto:training@sidran.org). Code: COHE. 369 pp., paperback. **Price:** \$21.95.

**EMDR**

Originator and developer of Eye Movement Desensitization and Reprocessing (EMDR), Francine Shapiro, revises and updates her original manuscript to bring us the second edition of *Eye Movement Desensitization and Reprocessing* (The Guilford Press). The definitive guide to EMDR includes updated neurobiological data, new findings from controlled clinical studies, and literature on emerging clinical applications. Also included are research and development reviews and updated protocols and treatment methodologies. **Audience:** EMDR clinicians, clinical psychologists and psychotherapists, psychiatrists – widely used course adoption text. Code: SHEY. 457 pp., hardcover. **Price:** \$52.00.

TITLE	CODE	QTY.	UNIT PRICE	TOTAL
How to Choose A Therapist	HTCF	1	FREE	FREE
<b>SUBTOTAL</b>				
MARYLAND SALES TAX (MD residents add 5%)				
SHIPPING (\$6.00 book, \$1.00 each additional)				
Canadian Customers add \$4.50				
RUSH ORDER (add \$15.00)				
I would like to make a tax-deductible contribution.				
<b>GRAND TOTAL</b>				



**Sidran Institute**  
200 East Joppa Road, Suite 207  
Baltimore, MD 21286

*The Sidran Institute suggests that you photocopy this order form so your catalog may remain intact for year-long reference on future orders.*

Date: \_\_\_\_\_

**BILLING ADDRESS** (if different from mailing label)  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Daytime Phone: ( ) \_\_\_\_\_  
Email: \_\_\_\_\_

**SHIPPING ADDRESS:** (If different from billing address)  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Daytime Phone: ( ) \_\_\_\_\_  
Email: \_\_\_\_\_

**ORDERING INFORMATION**  
Orders must be accompanied by full payment or charged through Visa or MasterCard. Payment must include the following shipping and handling charges:  
**UNITED STATES:** \$6.00 for the first book, \$1.00 for each additional book.  
**CANADA:** please include an additional \$4.50 for handling.  
**OVERSEAS:** \$20.00 for the first item, \$8.00 for each additional item for Airmail Parcel Post; allow 5 to 10 days for delivery.  
**WEB SITE ORDERING:** We welcome orders at our secure web site using Visa or MasterCard.  
**RUSH ORDERS IN THE UNITED STATES:** \$15.00 additional fee and \$20.00 for *Risking Connection*.  
**Note to customers outside the U.S.:** checks or international money orders must be in U.S. dollars only.

**METHOD OF PAYMENT**  
 Check enclosed payable to Sidran Press.  Please charge my  Visa  MasterCard  
Phone and fax orders accepted with Visa/MasterCard. All orders must be accompanied by full payment or charged through Visa/MasterCard. Payment must include shipping charges.  
Acct. # \_\_\_\_\_  
Exp. Date \_\_\_\_\_  
Signature \_\_\_\_\_

*All of the proceeds from your purchase are used to support our traumatic stress education and resource programs.*

*Prices are subject to change without notice.*