



# Treating PTSD in Battered Women

A Step-by-Step Manual for  
Therapists and Counselors

[www.treatingptsd.com](http://www.treatingptsd.com)

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## about the authors

**Edward S. Kubany, Ph.D.**, was employed for fourteen years as a research clinical psychologist with the Department of Veterans Affairs, National Center for PTSD, in Honolulu, Hawaii. Since 1990, he has specialized in the assessment and treatment of PTSD in his research and clinical practice. Kubany has more than twenty-five peer-reviewed publications, was principle investigator or co-principal investigator on four federal grants, and is first author of a self-help book for battered women, *Healing the Trauma of Domestic Violence*.

**Tyler C. Ralston, Psy.D.**, served a post-doctoral fellowship at the Department of Veterans Affairs, National Center for PTSD in Honolulu, Hawaii. In his clinical practice, he specializes in the treatment of PTSD and trauma-related guilt, working with formerly battered women, combat veterans, and other trauma survivors.

## book description

Based on a new treatment model for post-traumatic stress disorder, or PTSD, this manual offers an effective and comprehensive therapy targeting symptoms of PTSD in battered women. Pioneered by Dr. Kubany, this innovative intervention is called cognitive trauma therapy, or CTT. CTT includes modules on trauma history exploration, negative self-talk monitoring, stress management, PTSD education, exposure to trauma reminders, overcoming learned helplessness, challenging “supposed to” beliefs, building assertiveness, managing mistrust, identifying potential abusers, managing contacts with former partners, managing anger, decision-making, self-advocacy, and a very important module on overcoming trauma-related guilt.

CTT is a highly structured intervention, deliverable to clients unlike any other therapy. Most procedures are described in such great detail, they can be literally read or paraphrased by therapists—thereby facilitating ease of learning and delivery and making this manual a valuable resource for community health providers and other individuals who counsel battered women, but who may not have advanced higher education.

## acclaim

“Kubany and Ralston have developed a systematic approach to the treatment of PTSD in battered women that is firmly grounded in empirically-supported principles of cognitive behavioral therapy. This approach is tested in research and comprehensively described in this clear, session-by-session procedural guide, which is complete with client handouts and homework forms. This manual is a crucial resource for anyone treating women traumatized by intimate-partner violence and abuse.”

—**Josef I. Ruzek, Ph.D.**, acting director of the Education Division of the National Center for PTSD located in the Veterans Administration Palo Alto Health Care System in Menlo Park, CA

“At last! A book that addresses the unique struggles of battered women in their battle to reclaim their dignity and personal power. Kubany and Ralston have done a masterful job applying the proven principles of cognitive behavioral therapy to the specific issues that plague abused women. This concise, well organized guide is a must-read for anyone in the field of domestic violence.”

—**Aphrodite Matsakis, Ph.D.**, practicing psychologist with more than thirty years of experience working with trauma survivors and author of twelve books on trauma-related subjects

“Kubany and Ralston have produced a superb clinical guide that clearly describes and richly illustrates their state-of-the-art, empirically supported cognitive-behavioral treatment of PTSD in formerly battered women. The book offers a masterful synthesis of science and clinical wisdom that guides therapists through the complexities of treating PTSD in survivors of domestic violence. The volume is essential reading for anyone who works with survivors of spousal abuse.”

—**Steven Taylor, Ph.D., ABPP**, professor of psychiatry in the Faculty of Medicine at the University of British Columbia, and author of *Clinician's Guide to PTSD: A Cognitive-Behavioral Approach*

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