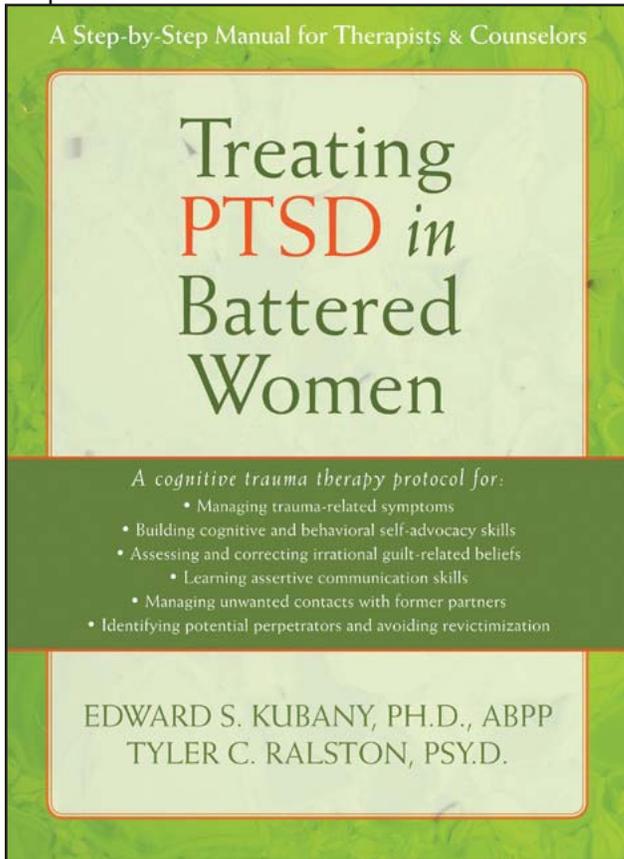


Effective Treatment for Women with PTSD Related to Domestic Violence



Twenty to thirty percent of American women will be physically abused by a partner at least once in their lifetimes. Estimates suggest that more than 1.3 million women are physically assaulted by an intimate partner annually. It is thought that some 64 percent of battered women develop symptoms of post-traumatic stress disorder (PTSD).

Based on a new treatment model for PTSD, ***Treating PTSD in Battered Women: A Step-by-Step Manual for Therapists & Counselors*** offers an effective and comprehensive therapy targeting symptoms of PTSD in battered women. Pioneered by Dr. Edward 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, handling 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. The procedures are described in great detail, so they can be easily 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 extensive clinical education.

Treating PTSD in Battered Women is the only book on the market showing professionals how to treat PTSD in battered women with CTT, a cognitively-based method that was developed for and has been proven effective in treating this population.

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Next page:
Comments from Women who have completed CTT treatments
About the authors
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TO SCHEDULE AN INTERVIEW OR FOR MORE INFORMATION, CONTACT:
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TREATING PTSD IN BATTERED WOMEN: A Step-by-Step Manual for Therapists and Counselors
• By Edward S. Kubany, Ph.D., and Tyler C. Ralston, Psy.D.
ISBN: 978-1-57224-557-0 • Trade/ Hardback • 344 pages • \$49.95 • Published April 2008
New Harbinger Publications, Inc. • 800-748-6273 • www.newharbinger.com

Written Evaluations by Women who Completed CTT-BW in Funded Treatment-Outcome Study

·This is the greatest program yet! I am very optimistic about life again. I am also at peace with my life."

·"The entire experience has been incredibly enlightening, empowering and educational. I feel whole. I feel a new freedom, and it's a wonderful feeling."

·"This program has helped me more than any other therapy, and it continues to help me immensely each day...I can't begin to express enough just how much this has helped me!"

·"Before this therapy, I did not believe it was possible to be happy, to function effectively, or to live without constant fear. You...showed me exactly how to make the changes. Happiness has moved from an irrelevant impossibility to a possible, attainable state of being for me."

"Thank you for the opportunity to participate in this study. I can honestly say that the results are remarkable and I am having difficulty remembering how bad I used to feel...The freedom I experience is real and wonderful!"

"Your therapy seemed to have transformed my life, not in a dramatic way, but in the quiet confidence I now have and in the acceptance of my self I now feel"

·"I feel like I finally am able to let go of the past & be deeply happy."

·"This is the most worthwhile therapy I have ever experienced. It is very effective and useful. I'm so grateful to have been a part of this program. It certainly is making a tremendous difference in my life."

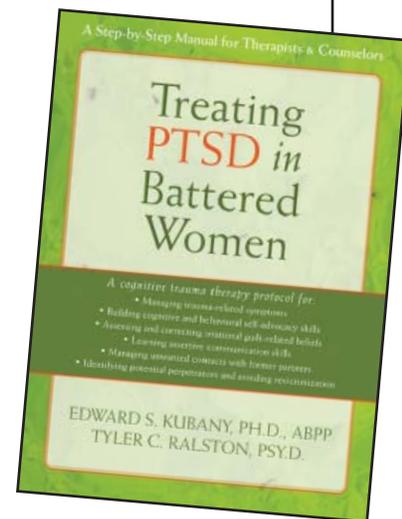
·"I never did think that there was any way I could feel and think differently. I'm so glad I was wrong. Thanks!"

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, HI. 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 coprincipal 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., is a licensed clinical psychologist currently in private practice in Honolulu, HI. He completed a pre-doctoral internship at the Department of Veterans Affairs Puget Sound Health Care System in Washington, followed by a post-doctoral fellowship at the Department of Veterans Affairs National Center for PTSD in Hawaii. Ralston specializes in the treatment of posttraumatic stress and trauma-related guilt, working with military veterans and survivors of domestic violence.

Edward Kubany and **Tyler Ralston** both live in Honolulu, HI.



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