



Treating PTSD in Battered Women: A Step-by-Step Manual for Therapists and Counselors

Edward S. Kubany, Tyler Ralston

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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.

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