



Treating Problem Behaviors: A Trauma-Informed Approach

Ricky Greenwald

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The book is designed as a user-friendly textbook/manual for mental health professionals. It teaches a trauma-informed treatment approach as an organizing framework for a series of empirically supported interventions including motivational interviewing, cognitive-behavioral skills training, trauma resolution, and relapse prevention. Although it notes the importance of a systemic treatment approach, the focus is on the individual component of treatment.

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