



# Stress and Trauma (Clinical Psychology: A Modular Course)

*Patricia A. Resick*

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*Stress and Trauma* provides a well-written, accessible overview of traumatic stress studies. It reviews the full range of clinical disorders that may result from extreme stress, with particular emphasis on the most common disorder - post-traumatic stress disorder (PTSD).

The book reviews research on the prevalence of trauma and the prevalence of relevant disorders following trauma. It goes on to look at psychological theories of stress and trauma, the biology of stress and trauma reactions, and the factors prior to, during and after traumatic events that place people at particular risk for the development of psychological problems.

The book goes on to look at treatment of trauma-related psychological problems, and covers the use of medication and a range of psychological treatments. Different types of therapy are described and research findings on these approaches are reviewed.

*Stress and Trauma* will provide a valuable overview of the area for advanced undergraduates, early post-graduate training, and mental health professionals seeking an update of recent developments.

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