

# **Reclaiming Your Life After Rape**

**Cognitive—  
Behavioral  
Therapy For  
Posttraumatic  
Stress Disorder**

## **CLIENT** *Workbook*

Barbara Olasov Rothbaum

Edna B. Foa

**TherapyWorks™**  
A Division of Psychological Corporation

# Reclaiming Your Life After Rape Cognitive Behavioral Therapy For Posttraumatic Stress Disorder Client Workbook

**Stacey R. Pinatelli**



## **Reclaiming Your Life After Rape Cognitive Behavioral Therapy For Posttraumatic Stress Disorder Client Workbook:**

**Reclaiming Your Life After Rape : Cognitive-Behavioral Therapy for Posttraumatic Stress Disorder Client Workbook** Barbara Olasov Rothbaum Associate Professor in Psychiatry and Director of the Trauma and Anxiety Recovery Program Emory University School of Medicine, and Director Edna B. Foa Professor, Center for Treatment and Study of Anxiety Allegheny University of Health Sciences, 2004-11-11 This powerful client workbook is written in an encouraging and easy to understand style specifically for women who have been sexually assaulted and have developed chronic symptoms of posttraumatic stress disorder PTSD Clients learn how cognitive behavioral therapy has helped other victims and how it can work for them This book explains how to distinguish PTSD symptoms from other disorders and teaches powerful techniques for overcoming these symptoms In writing this book the authors aim to address two goals First they want to present information about PTSD and related problems in language understandable to nonprofessionals This information will include a review of the studies on posttrauma problems and on the effectiveness of different treatments They also describe why some survivors develop PTSD and others do not The second goal of the book is to provide a detailed client workbook for the treatment of trauma related problems especially PTSD to assist clients working with a therapist The authors are aware of the fact that people have different problems and different needs What works for one person may not work for another Therefore they describe several different treatment techniques The book is organized around the different cognitive behavioral techniques that have been studied and proven effective with women sufferers of PTSD following an assault Throughout the book the authors focus mainly on women who have been sexually assaulted and as a result developed chronic symptoms of PTSD which have disturbed their daily functioning and cause them emotional distress Most of the examples they use to demonstrate the cognitive behavioral techniques are drawn from their experience in treating rape survivors However the cognitive behavioral procedures outlined here have been as successful in helping women who have been sexually abused in childhood and adult female survivors of nonsexual assaults like aggravated assault and robbery Other survivors of traumas such as natural disasters and car accidents were also helped by this cognitive behavioral approach *Reclaiming your life after rape : a cognitive-behavioral therapy for posttraumatic stress disorder ; client workbook* Barbara Olasov Rothbaum, 2000

**The Complete Adult Psychotherapy Treatment Planner** Arthur E. Jongsma, Jr., L. Mark Peterson, Timothy J. Bruce, 2021-04-14 The revised edition of the clinicians time saving Psychotherapy Treatment Planner Revised and updated the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients The authors provide all the elements necessary to quickly and easily develop formal customizable treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal

agencies This revised edition includes new client Short Term Objectives and clinician Therapeutic Interventions that are grounded in evidence based treatment wherever research data provides support to an intervention approach If no research support is available a best practice standard is provided This new edition also offers two new presenting problem chapters Loneliness and Opioid Use Disorder and the authors have updated the content throughout the book to improve clarity conciseness and accuracy This important book Offers a completely updated resource that helps clinicians quickly develop effective evidence based treatment plans Includes an easy to use format locating treatment plan components by Presenting Problem or DSM 5 diagnosis Contains over 3 000 prewritten treatment Symptoms Goals Objectives and Interventions to select from Presents evidence based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists therapists counselors social workers addiction counselors psychiatrists and other mental health professionals The Complete Adult Psychotherapy Treatment Planner Sixth Edition has been updated to contain the most recent interventions that are evidence based

**The Continuum of Care Treatment Planner** Chris E. Stout, Arthur E. Jongsma, Jr., 2025-05-06 Create customized formal treatment plans with over 1 000 professional goal and intervention statements The Continuum of Care Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the process of planning treatments for adults and adolescents The authors provide a thorough introduction to treatment planning along with the elements necessary to quickly and easily develop formal customizable treatment plans Treatment planning statements satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This planner provides treatment planning components for anxiety bipolar disorder depression eating disorders posttraumatic stress disorder substance use disorders and beyond Following the user friendly format that has made the Treatment Planners series so popular this book smooths the planning process so you can spend less time on paperwork and more time with clients Get definitions treatment goals and objectives therapeutic interventions and DSM 5 diagnoses for mental disorders in adults and adolescents Employ over 1 000 polished goals and intervention statements as components of provider approved treatment plans Use workbook space to record customized goals objectives and interventions Access a sample plan that meets all requirements of third party payers and accrediting agencies including the JCAHO This updated edition of The Continuum of Care Treatment Planner is a valuable resource for psychologists therapists counselors social workers psychiatrists and other mental health professionals who work with adult and adolescent clients

**The Addiction Treatment Planner** Robert R. Perkinson, David J. Berghuis, Timothy J. Bruce, 2014-01-28 The bestselling treatment planning system for mental health professionals The Addiction Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions Organized around 43

behaviorally based presenting problems including substance use eating disorders schizoid traits and others Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA     *The Severe and Persistent Mental Illness Treatment Planner* David J. Berghuis,Arthur E. Jongsma, Jr.,Timothy J. Bruce,2011-02-17 The flexible format of The Severe and Persistent Mental Illness Treatment Planner 2nd Edition enables you to choose between evidence based and traditional best practice treatment approaches for your patients Fully revised to meet your needs as a mental health professional working in today s long term care facilities this time saving resource contains over 1 000 rewritten treatment goals objectives and interventions plus space for recording specific treatment plan options This guide is organized around 31 behaviorally based issues from employment problems and family conflicts to financial needs and homelessness to intimate relationship conflicts and social anxiety     *The Crisis Counseling and Traumatic Events Treatment Planner* Tammi D. Kolski,David J. Berghuis,Rick A. Myer,2012-08-10 The Crisis Counseling and Traumatic Events Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions Organized around 27 behaviorally based presenting problems including child abuse and neglect adult and child suicide job loss disaster PTSD sexual assault school trauma including bullying sudden and accidental death and workplace violence Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA     *The Complete Adult Psychotherapy Treatment Planner* David J. Berghuis,L. Mark Peterson,Timothy J. Bruce,2014-01-28 A time saving resource fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including anger control problems low self esteem phobias and social anxiety Organized around 43 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The

Joint Commission TJC COA and the NCQA     Reclaiming Your Life After Rape Barbara Olasov Rothbaum, Edna B. Foa, Post-traumatic Stress Disorder Aphrodite Matsakis, 1994 Includes techniques for managing flashbacks anxiety attacks nightmares insomnia and dissociation working through deeper layers of pain handling survivor guilt secondary wounding low self esteem victim thinking anger and depression     **Abnormal Behavior** David Sue, Sue, Derald Sue, Stanley Sue, 1997

*Prolonged Exposure Therapy for PTSD* Edna Foa, Elizabeth Hembree, Barbara Olasov Rothbaum, 2007-03-22 An estimated 70% of adults in the United States have experienced a traumatic event at least once in their lives Though most recover on their own up to 20% develop chronic Posttraumatic Stress Disorder For these people overcoming PTSD requires the help of a professional This guide gives clinicians the information they need to treat clients who exhibit the symptoms of PTSD It is based on the principles of Prolonged Exposure Therapy the most scientifically tested and proven treatment that has been used to effectively treat victims of all types of trauma Whether your client is a veteran of combat a victim of a physical or sexual assault or a casualty of a motor vehicle accident the techniques and strategies outlined in this book will help In this treatment clients are exposed to imagery of their traumatic memories as well as real life situations related to the traumatic event in a step by step controllable way Through these exposures your client will learn to confront the trauma and begin to think differently about it leading to a marked decrease in levels of anxiety and other PTSD symptoms Clients are provided education about PTSD and other common reactions to traumatic events Breathing retraining is taught as a method for helping the client manage anxiety in daily life Designed to be used in conjunction with the corresponding client workbook this therapist guide includes all the tools necessary to effectively implement the prolonged exposure program including assessment measures session outlines case studies sample dialogues and homework assignments This comprehensive resource is an exceptional treatment manual that is sure to help you help your clients reclaim their lives from PTSD TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions All programs have been rigorously tested in clinical trials and are backed by years of research A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date Our books are reliable and effective and make it easy for you to provide your clients with the best care available Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated A companion website [www.oup.com/us/ttw](http://www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER     Reclaiming Your Life from a Traumatic Experience Barbara Olasov Rothbaum, Edna B. Foa, Elizabeth Ann Hembree, Sheila A. M. Rauch, 2019 This patient workbook provides all of the logistics necessary for a trained mental health provider to implement Prolonged Exposure Therapy for PTSD with their patients This intervention is the most researched and well supported PTSD treatment

available The model is flexible and individualized to address the needs of a variety of trauma survivors suffering with PTSD

**Reclaiming Life after Trauma** Daniel Mintie, Julie K. Staples, 2018-06-12 Integrative tools for healing the traumatized mind and body Combines cutting edge Western cognitive behavioral therapy CBT and ancient Eastern wisdom to heal Post Traumatic Stress Disorder PTSD Teaches Kundalini yoga practices specifically designed to reset parts of the brain and body affected by PTSD Presents a fast acting holistic evidence based and drug free program for eliminating PTSD symptoms and restoring health vitality and joy Trauma the Greek word for wound is the most common form of suffering in the world today An inescapable part of living the bad things that happen to us always leave aftereffects in both body and mind While many people experience these aftereffects and move on millions of others develop Post Traumatic Stress Disorder PTSD a painful chronic and debilitating barrier to happiness Reclaiming Life after Trauma addresses both the physical and psychological expressions of PTSD presenting an integrative fast acting evidence based and drug free path to recovery Authors Daniel Mintie LCSW and Julie K Staples Ph D begin with an overview of PTSD and the ways in which it changes our bodies and minds They present research findings on cognitive behavioral therapy CBT and yoga giving the reader insights into how these powerful modalities can counteract and reverse the physical and mental aftereffects of trauma The authors provide a suite of simple powerful and easily learned tools readers can put to immediate use to reset their traumatized bodies and minds On the physical side they teach four Kundalini yoga techniques that address the hypervigilance flashbacks and insomnia characteristic of PTSD On the psychological side they present 25 powerful CBT tools that target the self defeating beliefs negative emotions and self sabotaging behaviors that accompany the disorder Drawing on many years of clinical work and their experience administering the successful Integrative Trauma Recovery Program the authors help readers understand PTSD as a mind body disorder from which we can use our own minds and bodies to recover Woven throughout the book are inspiring real life accounts of PTSD recoveries showing how men and women of all ages have used these tools to reclaim their vitality physical health peace and joy

**Treating the Trauma of Rape** Edna B. Foa, Barbara Olasov Rothbaum, 2001-10-24 After reviewing the relevant treatment literature the authors detail how to assess and treat PTSD using a cognitive behavioral approach Complete instructions are given for planning treatment as well as for introducing the patient to the various interventions Nine exposure and stress management techniques are then detailed including imaginal exposure trauma reliving in vivo exposure relaxation training thought stopping cognitive restructuring covert modeling and role playing Enhancing the book's clinical utility are numerous case examples illustrating how to implement the techniques as well as explanations of how to cope with common problems and complications in treatment The final chapter presents detailed outlines of three suggested treatment programs

**Hope and Healing for Survivors** Stacey R. Pinatelli, 2024-11-01 Grounded in evidence based acceptance and commitment therapy ACT and cognitive behavioral therapy CBT this compassionate workbook helps female survivors of childhood sexual abuse identify their trauma triggers balance

emotions and cultivate self efficacy and self awareness With this gentle guide readers will also learn how to develop positive coping strategies discover what is truly important to them set goals and build hope for the future     **Reclaiming Your Life from a Traumatic Experience: Introduction; 2. Is This Program Right for You?; 3. Session 1; 4. Session 2; 5.**

**Session 3; 6. Anticipating and Solving Problems; 7. Intermediate Sessions; 8. Final session** Barbara Olasov Rothbaum,2007 Best used in combination with treatment with a mental health professional this workbook will help patients work through PTSD regardless of the type of trauma experienced This programme will reduce anxiety and distress as patients learn to face memories of trauma while processing emotions about the event using a scientifically tested and proven technique called Prolonged Exposure Therapy PE It provides a guide for patients to learn how to confront these situations and begin to re evaluate feelings and beliefs in order to think differently about the experience     **Post-Traumatic Stress**

**Disorder Workbook** Sheri McLaughlin, RPC CPCA,2017-12-18 Traumatic experiences need only be one chapter in your life You get to write the last chapter of your story PTSD is stealing far too much from the lives of trauma survivors Many suffer in silence This workbook provides transformational tools for working through Fear Anxiety Depression Losses Panic attacks Low self esteem Triggers Destructive patterns Writing down your feelings enables you to analyze your thoughts and behaviour reason them out and effect change Scientific research shows that by learning to think differently we can change the brain This book will empower you to initiate the necessary changes to restore order in your life This book includes an easily understood explanation of how trauma is stored in the brain and what trauma does to the brain Inside this book there is a plan for overcoming the symptoms that hold you captive and a personalized path forward towards peace and freedom

Trauma Recovery and Empowerment Workbook Cecil Cedric Larson,2025-01-20 Recovery begins with clear thinking and rational action Trauma Recovery and Empowerment Workbook provides over 200 worksheets and techniques rooted in CBT DBT and EMDR designed to address PTSD anxiety and complex trauma This resource empowers individuals to take charge of their mental health with practical evidence based tools that This workbook focuses on identifying irrational thoughts replacing them with rational beliefs and applying actionable strategies to confront challenges head on What this workbook offers Proven CBT frameworks to dismantle unhelpful thought patterns and build constructive behaviours DBT tools for emotional regulation mindfulness and distress tolerance EMDR inspired exercises to reprocess trauma and reduce its emotional charge Techniques to reduce avoidance address anxiety and foster self compassion Clear steps for setting goals tracking progress and sustaining long term recovery This workbook is more than just theory it s an interactive toolkit that requires active participation to challenge destructive habits and develop healthier ways of thinking Every exercise is a step toward confronting fear managing emotions rationally and reclaiming control over your life Take the first step to recovery by engaging with strategies that focus on practical results If you re ready to embrace a life free from trauma s grip this workbook is the tool to guide you     **The PTSD Behavioral Activation Workbook** Matthew Jakupcak,Amy W.



Wagner, Christopher R. Martell, 2020-01-02 A simple effective and groundbreaking approach to help you move beyond trauma and focus on the things that bring you joy If you suffer from post traumatic stress disorder PTSD reliving the past through trauma focused treatments may be too painful a place to start Behavioral activation the powerful treatment method outlined in this workbook provides an essential foundation for recovery by shifting the focus of your trauma to the things in life that give you true fulfillment joy and value This way you can envision the kind of future you want to have and move forward in your treatment to pursue that future With this breakthrough workbook you ll learn to replace unproductive coping strategies such as avoidance with activities that you find pleasant and meaningful You ll find an overview of behavioral activation what it is why it works and how you can implement it into your life to begin healing the wounds of your past and paving the way for a bright future full of possibility If you ve experienced trauma you need real tools to help you manage your pain and jumpstart your recovery With this compassionate and evidence based workbook you ll find actionable solutions to help you begin healing and take that next needed step toward wellness wholeness and peace

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