



# Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency

By Margaret E. Blaustein, Kristine M. Kinniburgh

Download now

Read Online 

**Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency** By Margaret E. Blaustein, Kristine M. Kinniburgh

Grounded in theory and research on complex childhood trauma, this book provides an accessible, flexible, and comprehensive framework for intervention with children and adolescents and their caregivers. It is packed with practical clinical tools that are applicable in a range of settings, from outpatient treatment centers to residential programs. Rather than presenting a one-size-fits-all treatment model, the authors show how to plan and organize individualized interventions that promote resilience, strengthen child-caregiver relationships, and restore developmental competencies derailed by chronic, multiple stressors. More than 45 reproducible handouts, worksheets, and forms are featured; the large-size format facilitates photocopying.

 [Download Treating Traumatic Stress in Children and Adolesce ...pdf](#)

 [Read Online Treating Traumatic Stress in Children and Adoles ...pdf](#)

# Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency

*By Margaret E. Blaustein, Kristine M. Kinniburgh*

**Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency** By Margaret E. Blaustein, Kristine M. Kinniburgh

Grounded in theory and research on complex childhood trauma, this book provides an accessible, flexible, and comprehensive framework for intervention with children and adolescents and their caregivers. It is packed with practical clinical tools that are applicable in a range of settings, from outpatient treatment centers to residential programs. Rather than presenting a one-size-fits-all treatment model, the authors show how to plan and organize individualized interventions that promote resilience, strengthen child-caregiver relationships, and restore developmental competencies derailed by chronic, multiple stressors. More than 45 reproducible handouts, worksheets, and forms are featured; the large-size format facilitates photocopying.

**Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency** By Margaret E. Blaustein, Kristine M. Kinniburgh  
**Bibliography**

- Sales Rank: #28088 in Books
- Brand: Brand: The Guilford Press
- Published on: 2010-03-18
- Original language: English
- Number of items: 1
- Dimensions: 10.25" h x 7.75" w x .75" l, 1.74 pounds
- Binding: Paperback
- 372 pages

 [Download Treating Traumatic Stress in Children and Adolesce ...pdf](#)

 [Read Online Treating Traumatic Stress in Children and Adoles ...pdf](#)

**Download and Read Free Online Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency By Margaret E. Blaustein, Kristine M. Kinniburgh**

---

## **Editorial Review**

### Review

"This is a comprehensive guide to effectively helping the innumerable children who have lost their way in the world as a result of terrifying experiences. Blaustein and Kinniburgh's highly practical methods for promoting self-regulation, safety, and competency make this book a landmark for understanding and treating traumatized children."--Bessel A. van der Kolk, MD, Medical Director, The Trauma Center at Justice Resource Institute; Professor of Psychiatry, Boston University School of Medicine

"Written by gifted clinicians, this book presents one of the most helpful therapeutic approaches for complex childhood trauma. It describes the developmental consequences of trauma and provides specific techniques for resolving them. The book is filled with examples, exercises, handouts, worksheets, and therapeutic tools that allow the clinician to directly intervene in the child or adolescent's relational schemas, self-regulation difficulties, and subsequent dysfunctional behaviors. Highly recommended!"--John Briere, PhD, Departments of Psychiatry and Psychology, Keck School of Medicine, University of Southern California

"This book moves beyond the developmentally limited diagnosis of PTSD to fully address the clinical complexity of traumatized children and families encountered in the real world. The authors, both experienced therapists, offer a detailed, theory-based treatment model supported by an array of pragmatic strategies and therapeutic suggestions. The depth and flexibility of this approach allow it to be translated to a wide range of settings in which traumatized children and their families are seen and served."--Frank W. Putnam, MD, Departments of Pediatrics and Psychiatry, Cincinnati Children's Hospital Medical Center

"Provides a lucid theoretical synthesis and an eminently practical toolkit for psychotherapy with children and adolescents with PTSD and other traumatic stress disorders. The emphasis on attachment, self-regulation, and competency is unique. This is an invaluable resource for all therapists who work with children and adolescents, as well as therapists in training."--Julian D. Ford, PhD, Department of Psychiatry, University of Connecticut Health Center

"The book is a comprehensive, practical guide, taking the reader through an introduction of Developmental Trauma and the nine building blocks of the intervention....The toolbox for each chapter was illustrated with case examples and cultural and developmental considerations. The appendix includes over 45 handouts covering specific ideas and techniques for group activities, psycho-education, and worksheets for the young person and their care-givers. I found all of these resources really useful....The tips and ideas on developing therapy routines, and opening/closing activities with children would be helpful for all trainee clinical psychologists, as would many of the behavioural techniques....I would highly recommend [this book] to anyone interested in the field."

*(Journal of Mental Health 2010-03-20)*

### About the Author

Margaret E. Blaustein, PhD, is a practicing clinical psychologist whose career has focused on the

understanding and treatment of complex childhood trauma and its sequelae. With an emphasis on the importance of understanding the child-, family-, and provider-in-context, her study has focused on identification and translation of key principles of intervention across treatment settings, building from the foundational theories of childhood development, attachment, and traumatic stress. With Kristine Kinniburgh, Dr. Blaustein is codeveloper of the Attachment, Self-Regulation, and Competency treatment framework. She has provided extensive training and consultation to providers and consumers within the United States, Canada, and Europe. She is currently the Director of Training and Education at The Trauma Center at Justice Resource Institute in Brookline, Massachusetts, and is actively involved in local, regional, and national collaborative groups dedicated to the empathic, respectful, and effective provision of services to this population.

Kristine M. Kinniburgh, LICSW, is the former Director of Child and Adolescent Services at The Trauma Center at Justice Resource Institute in Brookline, Massachusetts. She is currently a practicing clinical social worker and organizational consultant, working with agencies to integrate trauma-informed and trauma-specific practices into all facets of service delivery. Over the past 15 years Ms. Kinniburgh has dedicated her practice to work with children and families affected by trauma in a range of settings including outpatient clinics, schools, residential programs and hospitals. Her clinical experience, broad in scope, inspired her to explore and subsequently identify core components of trauma-informed intervention that can be implemented in the array of treatment settings serving this population. Ms. Kinniburgh is the originator and codeveloper of the Attachment, Self-Regulation, and Competency treatment framework and is currently training and consulting on this framework with agencies across the United States and abroad.

## **Users Review**

### **From reader reviews:**

#### **Karen Horton:**

The guide untitled *Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency* is the publication that recommended to you to read. You can see the quality of the reserve content that will be shown to you actually. The language that article author use to explained their way of doing something is easily to understand. The article author was did a lot of investigation when write the book, to ensure the information that they share to your account is absolutely accurate. You also could possibly get the e-book of *Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency* from the publisher to make you a lot more enjoy free time.

#### **Dollie Simmons:**

Do you really one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Try and pick one book that you find out the inside because don't evaluate book by its include may doesn't work here is difficult job because you are afraid that the inside maybe not as fantastic as in the outside seem likes. Maybe you answer might be *Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency* why because the fantastic cover that make you consider about the content will not disappoint anyone. The inside or content is definitely fantastic as the outside as well as cover. Your reading sixth sense will directly assist you to pick up this book.

**Alberta Jones:**

The book untitled Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency contain a lot of information on it. The writer explains the girl idea with easy method. The language is very clear to see all the people, so do not really worry, you can easy to read that. The book was written by famous author. The author will take you in the new period of literary works. You can read this book because you can read on your smart phone, or product, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site as well as order it. Have a nice learn.

**Jennifer Randolph:**

That e-book can make you to feel relax. That book Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency was colourful and of course has pictures on there. As we know that book Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency has many kinds or type. Start from kids until young adults. For example Naruto or Private eye Conan you can read and feel that you are the character on there. Therefore , not at all of book are make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book for you personally and try to like reading in which.

**Download and Read Online Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency By Margaret E. Blaustein, Kristine M. Kinniburgh #94NKRS8C3FJ**

# **Read Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency By Margaret E. Blaustein, Kristine M. Kinniburgh for online ebook**

Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency By Margaret E. Blaustein, Kristine M. Kinniburgh Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency By Margaret E. Blaustein, Kristine M. Kinniburgh books to read online.

## **Online Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency By Margaret E. Blaustein, Kristine M. Kinniburgh ebook PDF download**

**Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency By Margaret E. Blaustein, Kristine M. Kinniburgh Doc**

**Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency By Margaret E. Blaustein, Kristine M. Kinniburgh Mobipocket**

**Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency By Margaret E. Blaustein, Kristine M. Kinniburgh EPub**

**94NKRS8C3FJ: Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency By Margaret E. Blaustein, Kristine M. Kinniburgh**