Works Cited/Supporting Bibliography

History of Traumatic Stress Treatment

- Herman, J. L. (1997). *Trauma and recovery: The aftermath of violence--from domestic abuse to political terror* (Vol. 551). Basic books.

Active ingredients of Trauma Therapy/Empowerment & Resilience Structure


**Assessing Traumatic Stress**


**Stage 1: Preparation & Relationship-Building**


among adolescents in substance abuse treatment. Journal of Psychoactive Drugs, 40(1), 55+


**Stage 2: Psychoeducation & Skills-Building**


Findings from University of Saarland Yields New Findings on Behavior Research (Explaining the relationship between personality and coping with professional demands: Where and why do optimism, self-regulation, and self-efficacy matter). (2016, October 1). Obesity, Fitness & Wellness Week, 391.


Kelly, S. P., Scharf, M. R., Westfall, S. C., & Pate, M. F. D. (2010). I'm more than my physiology: adolescent trauma patient in the pediatric intensive care unit. Critical Care Nurse, 30(1), S14+


- Research Conducted at University of Mississippi Has Updated Our Knowledge about Obesity. (2014, April 26). Obesity, Fitness & Wellness Week, 124. Retrieved from http://go.galegroup.com.ezproxy.mesalibrary.org/ps/i.do?p=AONE&sw=w&u=mesa86532&v=2.1&it=r&id=GALE%7CA366902714&asid=1ab14c229ecbe06a0f5381a1dfe5e231

Stage 3: Integration & Desensitization


desensitization and reprocessing therapy in the treatment of post-traumatic stress disorder. Psychology Research and Behavior Management, 7, 273+

Stage 4: Post Traumatic Growth & Resilience


**Support Material**
1) Assessment Instruments
2) Research Articles
3) Therapeutic Activities
4) Clinical Texts & Handbooks
5) Practice Wisdom