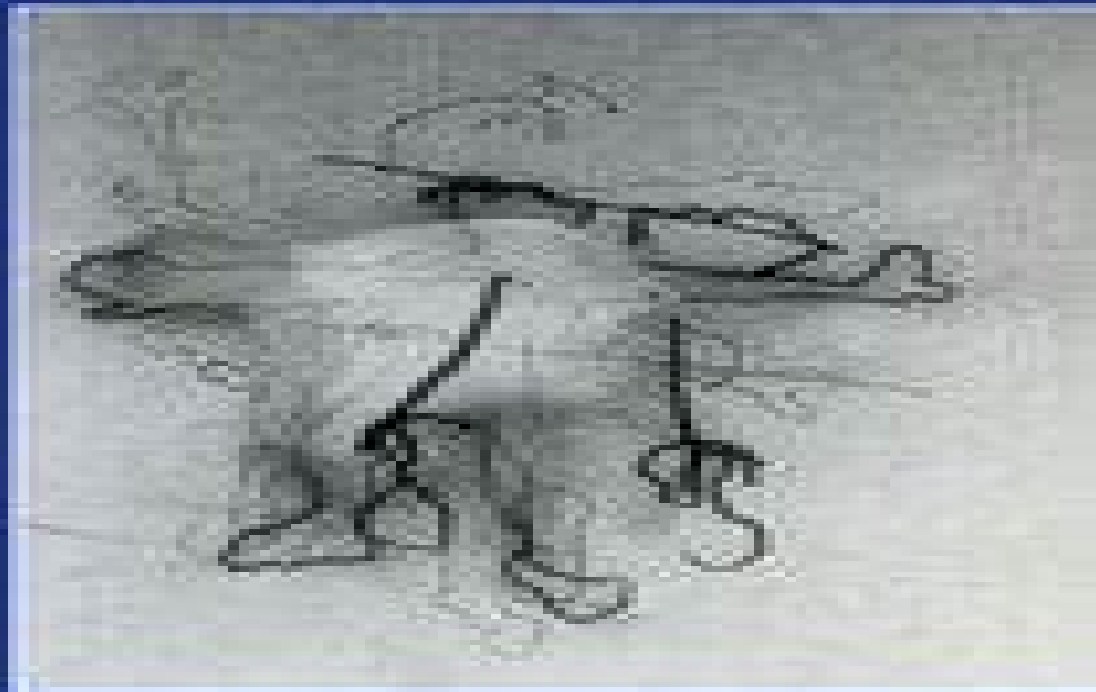


Etty Cohen


# Playing at Hard Life

A Relational  
Approach  
To Treating  
Multiply  
Traumatized  
Adolescents



# Playing Hard At Life A Relational Approach To Treating Multiply Traumatized Adolescents

**Glenn N. Saxe, B. Heidi Ellis, Julie B.  
Kaplow**



## **Playing Hard At Life A Relational Approach To Treating Multiply Traumatized Adolescents:**

**Playing Hard at Life** Etty Cohen, 2013-05-13 *Playing Hard at Life* brings contemporary relational thinking to bear on the psychodynamic treatment of a notably difficult group of young patients Working with New York City teenagers who have survived the wars of inner city life and Israeli teenage soldiers who have survived the wars of the Middle East author Etty Cohen documents the extraordinary challenges of forming a treatment alliance with these shattered youngsters of engaging them psychodynamically and of working toward a viable termination The result is not only a poignant record of courage and commitment on the part of patient and therapist alike but also a valuable extension of modern trauma theory to adolescence as a developmental stage with its own challenges and requirements The heart and strength of Cohen's book is her vivid documentation of hands on encounters with her adolescent patients seen both individually and in group Cohen makes plain that with young people so horrendously traumatized treatment assures a necessarily improvisational character And yet she argues even in the type of pragmatic encounters dictated by massive and repeated trauma contemporary relational theory provides a compass with which to navigate through the rocky shoals of the clinical work Again and again the reader is shocked by just how much happened to these adolescents astonished at how resilient they proved to be and finally moved by how much Cohen was able to accomplish with them Her relational approaches to these treatments teamed with her realization that work with multiply traumatized adolescents cannot be structured in the manner of conventional therapy makes this book an invaluable timely and deeply sobering contribution to the literature

**Playing Hard at Life** Etty Cohen, 2013-05-13 *Playing Hard at Life* brings contemporary relational thinking to bear on the psychodynamic treatment of a notably difficult group of young patients Working with New York City teenagers who have survived the wars of inner city life and Israeli teenage soldiers who have survived the wars of the Middle East author Etty Cohen documents the extraordinary challenges of forming a treatment alliance with these shattered youngsters of engaging them psychodynamically and of working toward a viable termination The result is not only a poignant record of courage and commitment on the part of patient and therapist alike but also a valuable extension of modern trauma theory to adolescence as a developmental stage with its own challenges and requirements The heart and strength of Cohen's book is her vivid documentation of hands on encounters with her adolescent patients seen both individually and in group Cohen makes plain that with young people so horrendously traumatized treatment assures a necessarily improvisational character And yet she argues even in the type of pragmatic encounters dictated by massive and repeated trauma contemporary relational theory provides a compass with which to navigate through the rocky shoals of the clinical work Again and again the reader is shocked by just how much happened to these adolescents astonished at how resilient they proved to be and finally moved by how much Cohen was able to accomplish with them Her relational approaches to these treatments teamed with her realization that work with multiply traumatized adolescents cannot be structured in the manner of conventional therapy makes this book an invaluable timely

and deeply sobering contribution to the literature

**Overcoming Childhood Sexual Trauma** Sheri Oz, Sarah-Jane Ogiers, 2014-09-25 Go beyond the pain and fear of sexual abuse to heal the trauma Childhood sexual abuse CSA can be a physically and emotionally painful soul shattering experience that can traumatize a person for a lifetime The Wall of Fear Crossing the Wall from Trauma to Recovery from Childhood Sexual Abuse is a unique exploration of the subjective experiences of both client and therapist as they together travel the path to recovery Therapists get a clear illustration of the therapy process while CSA survivors are offered a gauge with which to judge their own progress toward recovery New therapeutic concepts are clearly presented and extensively discussed while sensitively charting the experiences of clients on the journey toward healing As Winston Churchill once said If you re going through hell keep going The Wall of Fear charts the arduous progress of a survivor from the initial understanding that they need help and guidance to choosing the correct therapist to the emotional roadblocks most clients face on their own personal recovery from the hell of CSA The authors team up to courageously provide readers with a comprehensive and candid portrait of their experiences of CSA therapy while demonstrating the approaches which effectively enhance healing Features include schematic drawings of the stages of therapy the client s own diary from her youth through her therapy in adulthood client drawings illustrating progress in therapy and effective art exercises that can be used at the beginning of therapy The text includes extensive references useful appendixes and a helpful glossary of terms for the layperson Topics in The Wall of Fear include the nature of sexual trauma the new concept of the World of Trauma growing up traumatized and its effect on friendships sexual development dating and mate selection couples relationships and sexuality selecting a therapist the new concept of The Wall of Fear closure coping with the therapy process parenting by CSA survivors and the impact on the next generation the subjective experiences of both therapist and CSA survivor The Wall of Fear stands as a testament that no matter what sexual trauma a person may endure there is hope for recovery This is insightful crucial reading for survivors of CSA and therapists at all levels of expertise

Healing the Inner City Child Vanessa A. Camilleri, 2007 The contributors draw on their professional experience in school and community settings to describe a wide variety of suitable therapeutic interventions that enable children to deal with experiences of trauma loss abuse and other risk factors that may affect their ability to reach their full academic and personal potentials

**Healing after Parent Loss in Childhood and Adolescence** Phyllis Cohen, K. Mark Sossin, Richard Ruth, 2014-01-31 In Healing after Parent Loss in Childhood and Adolescence Therapeutic Interventions and Theoretical Considerations experts explore the varied often complex and always tragic circumstances under which young people face losing a parent Profound grief and feelings of powerlessness may accompany loss of a parent at any age but distinctly so when such loss is experienced during formative years Whenever these individuals seek help therapists must be psychically prepared to enter into arenas of trauma bereavement and mourning The children teens and adults presented are diverse in age culture ethnicity and socioeconomic status A diverse group of contributors showcase a wide range of effective

approaches from traditionally structured short and long term psychotherapies and psychoanalysis to psycho educational supportive and preventive interventions The writers in this volume do not shy away from tough matters such as urban violence AIDS and war they address concerns practicing clinicians face such as when to work with children adolescents and adults individually and when and how to involve their surviving parents and families Included in this book are issues related to the self care and professional development needs of therapists who take on this difficult but essential work including peer support and supervision This volume is likely to spark important re examinations across all fields of mental health practice It will equip and empower clinicians of all kinds who undertake work with those who are grieving Healing after Parent Loss in Childhood and Adolescence promises to be a vital and stimulating read for supervisors teachers and trainers of child adolescent and family clinicians

**Internationale Bibliographie der Rezensionen wissenschaftlicher Literatur** ,2004  
*Adolescence* ,2004    **The British National Bibliography** Arthur James Wells,2005    **Forthcoming Books** Rose Arny,2003    *Index to Theses with Abstracts Accepted for Higher Degrees by the Universities of Great Britain and Ireland and the Council for National Academic Awards* ,2008    *Current Index to Journals in Education* ,1997    *Author Index to Psychological Index ... and Psychological Abstracts ...* ,1960    *Author Index to Psychological Index, 1894 to 1935, and Psychological Abstracts, 1927 to 1958* Columbia University. Psychology Library,1960    **Treating Trauma** Toni V. Heineman,June M. Clausen,Saralyn C. Ruff,2015-04 Clinicians working with traumatized youth face many challenges in supporting growth and development while addressing the many negative consequences of abuse and neglect When working with youth in foster care additional obstacles must be overcome changing placements overwhelmed substitute caregivers caseworker turnover complication with birth siblings and family and communication difficulties with and within the child welfare system Treating Trauma Relationship Based Psychotherapy with Children Adolescents and Young Adults presents a theoretically based and empirically supported framework for work with traumatized children youth and young adults who have spent time in foster care It offers vivid examples of cases from the work of clinicians of A Home Within a national non profit focused on meeting the emotional needs of current and former foster youth These nine case studies illustrate the vital role that relationships play in helping overcome the trauma of chronic unexpected and unexplained losses They describe the work with clients the collateral work and also the therapists personal experiences of treating this vulnerable population This work also explores the impact of secondary trauma on those working in an around the foster care system and addresses ways that therapists and others vulnerable to vicarious trauma can protect themselves as well as their clients In particular three chapters examine the power of peer consultation in sustaining therapeutic work with vulnerable and traumatized populations Methods of integrating evidence based approaches into treatment of youth with multiple mental health problems and unavailable parents are discussed and explored Essential elements of effective mental health interventions with traumatized foster youth are presented and illustrated    Collaborative Treatment of Traumatized Children and Teens Glenn N. Saxe,B.

Heidi Ellis, Julie B. Kaplow, 2006-10-27 For too many traumatized children and their families chronic stressors such as poverty substance abuse and family or community violence coupled with an overburdened care system pose seemingly insurmountable barriers to treatment This empowering book provides a user friendly blueprint for making the most of limited resources to help those considered the toughest cases Evidence based strategies are presented for effectively integrating individualized treatment with services at the home school and community levels Written in an accessible modular format with reproducible forms and step by step guidelines for assessment and intervention the approach is grounded in the latest knowledge about child traumatic stress It has been recognized as a treatment of choice by state mental health agencies nationwide Evidence-Based Treatments for Trauma Related Disorders in Children and Adolescents Markus A.

Landolt, Marylène Cloitre, Ulrich Schnyder, 2018-07-15 This handbook presents the current evidence based psychological treatments for trauma related disorders in childhood and adolescence and in addition provides clearly structured up to date information on the basic principles of traumatic stress research and practice in that age group covering epidemiology developmental issues pathogenetic models diagnostics and assessment Each of the chapters on treatment which form the core of the book begins with a summary of the theoretical underpinnings of the approach followed by a case presentation illustrating the treatment protocol session by session an analysis of special challenges typically encountered in implementing this treatment and an overview of the current evidence base for the treatment approach A special section considers modern treatments in particular settings such as schools hospitals and juvenile justice systems and the concluding chapters provide an integrative discussion on how to treat traumatized children and adolescents and an outlook The book will be invaluable for clinical child and adolescent psychologists child and adolescent psychiatrists psychotherapists and other mental health professionals working with traumatized children and adolescents **The Impact of Complex Trauma on Development**

Cheryl Arnold, Ralph Fisch, 2012-12-27 Normal human development progresses through a process of differentiation and integration and it is distorted and impeded by the fusion and fragmentation resulting from traumatic experiences The Impact of Complex Trauma on Development documents the pathological consequences of chronic interpersonal trauma on psychological development behavior and interpersonal relationships It provides an integrative approach to therapy that is based on a rich psychoanalytically oriented developmental psychology

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