



# Treating Trauma in Adolescents: Development, Attachment, and the Therapeutic Relationship

*Martha B. Straus PhD*

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**Treating Trauma in Adolescents: Development, Attachment, and the Therapeutic Relationship** Martha B. Straus PhD

This book presents an innovative and empathic approach to working with traumatized teens. It offers strategies for getting through to high-risk adolescents and for building a strong attachment relationship that can help get development back on track. Martha B. Straus draws on extensive clinical experience as well as cutting-edge research on attachment, developmental trauma, and interpersonal neurobiology. Vivid case material shows how to engage challenging or reluctant clients, implement interventions that foster self-regulation and an integrated sense of identity, and tap into both the teen's and the therapist's moment-to-moment emotional experience. Essential topics include ways to involve parents and other caregivers in treatment.

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