

# Principles And Techniques Of Trauma-centered Psychotherapy By David Read Johnson;Ph.D;Hadar Lubin

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David Read Johnson, Hadar Lubin. *Principles and Techniques of Trauma-Centered Psychotherapy* integrates cognitive-behavioral, psychodynamic, and humanistic methods of trauma treatment into a psychotherapeutic context. Rather than presenting a unique form of intervention or technique, the authors present methods that have been used successfully, some of which are supported by evidence-based research and some by broad clinical experience. This is not a general text, then, but one focused on building competence and confidence in trauma-centered interventions, providing methods that should be read by Hadar Lubin, M.D. and David Read Johnson, Ph.D., 2008, New York: Haworth Press, Taylor and Francis Group, 176 pp., \$32.50. Article (PDF Available) in *International Journal of Group Psychotherapy* 61(3):474-481. July 2011 with 67 Reads. In cases of trauma, the play of similarity and difference becomes constricted, and metaphor loses its capacity to create new emergent meanings. Finally, metaphor enables access to the unconscious and fosters empathic contact with the other. This study utilized a version of SFBT that applies its principles and techniques to financially related issues called Solution-Focused Financial Therapy (SFFT; Archuleta et al. in *J Financial Ther* 6(1):1-16, 2015a; in *Financial therapy: theory, research, & practice*, Springer, New York, 2015b).

