



# Trauma Made Simple: Competencies in Assessment, Treatment and Working with Survivors

By Jamie Marich PhD

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In *Trauma Made Simple*, trauma expert Dr. Jamie Marich brings her practical style of training to print, using clinical common sense to wade through theory, research, and hype surrounding trauma. Learn about trauma in a way that is relevant to clinical work, including extensive coverage on PTSD and other diagnoses through a bio-psycho-social-spiritual lens. Make clinically informed decisions based on setting, client preparedness, and other contextual variables. Develop strategies for treatment planning based on the best possible treatments in the field today.

*Trauma Made Simple* addresses a variety of issues that are imperative to trauma competency in clinical work, including how to handle grief and mourning, assessing for and addressing addiction (even if you are not an addiction counselor) and how to manage professional development issues, including self-care.

"*Trauma Made Simple* is an articulate and accessible guide to the experience and the healing of trauma. Using stories and first-hand accounts, Dr. Marich beautifully conveys the human aspect of trauma." - **Terry Fralich, LCPC, JD**, author of *The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy, and Love*

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**Trauma Made Simple: Competencies in Assessment, Treatment and Working with Survivors** By Jamie Marich PhD Bibliography

- Sales Rank: #315289 in Books
- Published on: 2014-03-21
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .55" w x 6.00" l, .0 pounds
- Binding: Paperback
- 232 pages

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### Editorial Review

#### Review

Trauma can be quite a challenging and complex topic but it doesn't have to be and this book proves it! (Jamie) Marich brings a wonderful combination of personal and professional experience, academic understanding, and just the right touch of defiance to provide an excellent, accessible, and heartfelt overview on the critically important topic of trauma. --Dan Griffin, author of *A Man's Way through the Twelve Steps*

In *Trauma Made Simple* Jamie Marich accomplishes exactly what the title implies. Sure, trauma itself is never simple or easy to understand, but there are ways to uncover it, break it down, look at it, and treat it that are, and that is what Jamie presents here. This straightforward, easy to read, wonderfully accessible book will benefit not only treatment professionals, but lay readers seeking to better understand their trauma-related issues. --Robert Weiss LCSW, CSAT-S

*Trauma Made Simple* by Dr. Jamie Marich, is an articulate and accessible guide to the experience and the healing of trauma. Using stories and first-hand accounts, Dr. Marich beautifully conveys the human aspect of trauma. With its clear presentation of the technical aspects of trauma treatment, the book is a valuable resource for anyone working with trauma. Moreover, its user-friendly language is a gift to trauma survivors who seek to more fully understand both what has happened to them and how to move toward healing. Dr. Marich certainly knows the field of trauma. Whether you are a mental health professional or a person who has experienced the wound of trauma, *Trauma Made Simple* offers information, insights and a sense of caring. --Terry Fralich, LCPC, JD, author of *The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy, and Love* and *Cultivating Lasting Happiness: A Seven Step Guide to Mindfulness*

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#### About the Author

Jamie Marich, PhD, LPCC-S, LICDC-CS began her human services career while serving as a teacher in Bosnia-Herzegovina. Marich currently travels the country offering workshops and retreats on trauma, addiction, and mindfulness. She is the author of *Trauma and the Twelve Steps* and *EMDR Made Simple*.

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