



Overcoming the Trauma of Your Motor Vehicle Accident: A Cognitive-Behavioral Treatment Program Therapist Guide (Treatments That Work)

Edward J. Hickling, Edward B. Blanchard

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Motor vehicle accidents account for over 3 million injuries annually and are one of the most common traumas individuals experience. But the physical injuries are often less impactful in the long run than the severe emotional distress, flashbacks, and substantial impairment in work or family life. Studies of the general population have found that approximately 9% of people who survive an accident develop Posttraumatic Stress Disorder. And yet, few people seek treatment immediately, mostly because they are not aware of the nature of their condition or that successful brief treatments are available.

Written by the creators of an empirically supported cognitive-behavioral therapy program developed at The Center for Stress and Anxiety Disorders in Albany, this therapist guide includes all the information and materials necessary to implement a successful program for treating accident-related PTSD. The therapeutic technique described in this book is research-based with a proven success rate.

The renowned authors provide clinicians with step-by-step instructions for teaching their clients important skills that have been scientifically tested and shown to be effective in treating emotional trauma caused by involvement in a car accident. Designed to be used in conjunction with its corresponding workbook, this therapist guide outlines a treatment program that includes cognitive restructuring, relaxation techniques, and exposure exercises.

User-friendly and comprehensive, *Overcoming the Trauma of Your Motor-Vehicle Accident, Therapist Guide* is a resource that no clinician can do without.

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