



Stop Treating Symptoms and Start Resolving Trauma!: Inside-Out Healing for Survivors of ALL Types

Rebecca Colson

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Finally, an approach to trauma recovery that is truly different-not just repackaged behaviorism! Denice Adcock Colson introduces Etiotropic Trauma Management in a very down to earth and practical way. This innovative theory uses a five-phase structured process called Trauma Resolution Therapy to resolve trauma at the source, rather than merely managing the symptoms. This text shows how trauma affects the victim's identity and why "survival responses"-called symptoms by other theorists-are needed until the trauma is resolved. Counselors who think "etiologically" are convinced that this totally unique concept in trauma recovery restores the individual's identity to its pre-trauma state. Stop Treating Symptoms and Start Resolving Trauma! offers hope for both victims and the caregivers trying to help them.

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