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Trauma 101 is a concise, current, balanced and accessible overview of one of the most pervasive, yet controversial psychological issues faced today. It is grounded in the most up-to-date research and theories on trauma and its effects and covers not only the concepts of what trauma is and the ways in which different kinds of traumas affect people, but also considers how it is diagnosed in the wake of the DSM-V and is treated with both evidence-based and alternative methods.

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Springer, 2015, 248 pp. Psychology of Trauma 101 is part of the Psych 101 Series that includes Motivation 101, Emotional Intelligence 101, and so forth. The goal, I infer, is to bring the basics of psychology to the public, one topic at a time. Psychology of trauma is not typically presented to students or the public this way.

Psychology of Trauma 101 - CORE

Offers a concise, balanced and accessible overview of one of the most pervasive, yet controversial psychological issues faced today. It is grounded in the most up-to-date research and theories on trauma and its effects and covers not only the concepts of what trauma is and the ways in which different kinds of traumas affect people, but also considers how it is diagnosed in the wake of the DSM ...

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