

## Alleviating trauma: a therapeutic handbook for therapists treating survivors of intimate partner violence

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### Abstract:


The purpose of this graduate project was to create a handbook for therapist to address the psychological consequences of intimate partner violence (IPV), specifically posttraumatic stress disorder (PTSD) in female survivors. The prevalence of IPV and violence against women continues. This project describes various cognitive behavioral treatment outcomes. The handbook was designed for therapist and includes combination five therapeutic components from evidence based trauma focused cognitive behavioral therapy (TF-CBT) and cognitive trauma therapy for battered women (CTT-BW). The handouts focused on alleviating symptoms of PTSD in women who have been battered. The handbook can be used in session as a therapeutic tool additionally handouts can be copied and utilized as homework assignments.

### Description:

Includes bibliographical references (pages 46-58)

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