



## Treating Military Sexual Trauma

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### **AN EVIDENCE-BASED TEXT FOR UNDERSTANDING AND TREATING MST FROM MULTIPLE PERSPECTIVES**

The incidence of sexual assault and harassment experienced by members of the U.S. Armed Forces has reached epidemic proportions. Its victims often suffer from devastating, lifelong consequences to their careers, health, relationships, and psychological well-being. This authoritative resource is written for mental health clinicians to help in understanding and treating military sexual trauma (MST). Based on a solid foundation of research and clinical expertise, it addresses the complex circumstances of victims of sexual abuse in the military and how clinicians can meet the unique challenges of treating these clients.

The book describes how MST differs from other forms of military trauma such as combat, and discusses its prevalence, neurobiology, and social contexts as well as unique stressors of betrayal, injustice, struggles with issues of reporting and disclosure, and impact on relationships and sexuality. It reviews current evidence-based interventions and offers insights on treating specific symptoms within MST, such as PTSD, anxiety, substance abuse, sleep disorders, and sexual dysfunction. Chapters discuss how a variety of psychotherapies can be used to treat MST, including prolonged exposure, cognitive processing, EMDR, Seeking Safety, acceptance and commitment therapy, and somatic experiencing, as well as the Warrior Renew MST group therapy program. Clinicians who work with veterans and active duty personnel will find this book an essential guide to working with MST survivors.

#### **KEY FEATURES:**

- Presents a comprehensive clinician's resource with contributions from top experts in the field on the topic of MST
- Describes how MST differs from other forms of trauma, necessitating specialized treatment
- Provides an overview of MST as well as information on evidence-based and emerging treatments

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#### **Mary Larrick:**

A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you want to try to find a new activity this is look different you can read the book. It is really fun for you personally. If you enjoy the book you read you can spent 24 hours a day to reading a publication. The book Treating Military Sexual Trauma it doesn't matter what good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. Should you did not have enough space to deliver this book you can buy the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to fund but this book possesses high quality.

#### **Timothy Reed:**

Exactly why? Because this Treating Military Sexual Trauma is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will zap you with the secret that inside. Reading this book adjacent to it was fantastic author who also write the book in such wonderful way makes the content inside of easier to understand, entertaining means but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of benefits than the other book have got such as help improving your expertise and your critical thinking method. So , still want to hesitate having that book? If I were being you I will go to the book store hurriedly.

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