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

Edward J. Hickling, Edward B. Blanchard

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It is estimated that over 3 million people per year are injured in motor vehicle accidents and up to 45% of people in a serious auto accident develop posttraumatic stress disorderl.

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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