



# **Treatment Strategies for Abused Adolescents: From Victim to Survivor (Interpersonal Violence: The Practice Series)**

*Cheryl L. Karp, Traci L. Butler, Sage Bergstrom*

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Therapists can find helping adolescents who have suffered from early physical, sexual and/or emotional trauma to move through trauma resolution to emerge as healthy survivors a frustrating task, because of a scarcity of reference material available for this age group. This volume - together with the accompanying **Activity Manual** - has been written to fill this gap.

The volume provides a practical and accessible package of theory and hands-on activities, specifically designed for use by practitioners in either individual or group settings. The authors highlight their four-phase approach of recovery: building the therapeutic relationship; processing the abuse; repairing the sense of self; and becoming more future oriented.

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