

Title: Understanding and Treating Trauma in Adolescents and Adults Population

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Psychologists working with traumatized individuals need to understand the emotional/behavioral manifestations of trauma as well as the physical impact of psychological trauma within the body. An individual's reaction to emotional trauma is complex and difficult to predict. A person's age, past exposure to trauma, social support, culture, family psychiatric history and general emotional functioning are some of the variables related to individual response to trauma (McFarlane & Yehuda, 1996). Many approaches for treatment are proposed for Trauma, but there is no single treatment approach that seems to be the treatment of choice. New approaches are emerging and during the past ten years several cognitive behavioral oriented therapies have been developed for the treatment of adolescents and adults populations who suffer from trauma. The article presents the most recent and integrative cognitive approach for trauma developed by Lindsay Bicknell-Hentges and John J. Lynch. Principles and application of treatment are illustrated by clinical vignettes based on the authors' own clinical work with patients.

Biography

Elena Aristodemou has completed her Master's Degree in Clinical Psychology at the age of 23 years from American International College and further pursued her postgraduate studies in Forensic Psychology from John Jay College of Criminal Justice. Shee is currently working in two private practices in NYC. Elena is trained in psychological treatments by current leaders in the field of psychology: Intensive training in CBT for Personality Disorders by Aaron Beck; training in Gestalt Psychotherapy by Dr. Scott Kellogg. Elena's experience as a counselor encompasses working with diverse population covering a spectrum of substance abuse, mental health and daily life stressors.

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